

LOCAL STUFF

Wellingborough | MIND

Hardly anyone expects to go through life without experiencing physical problems, from colds to serious illnesses, and in the same way almost everyone faces challenges to their mental well being and these can range from short periods of stress caused by life events to longer lasting conditions.

Whether you are experiencing mental health problems or going through a difficult time in your life, we can help. Our aim is to help you live the best life you can, whatever challenges you face. We do this by offering one to one support, well-being courses, social groups and counselling.

01933 223591 | admin@wellingboroughmind.org.uk
<http://www.wellingboroughmind.org.uk>

Crisis Cafe | Wellingborough MIND

Anyone can access this service.

There is no need to call and book an appointment, simply drop in.

We provide a warm, safe, and calm environment.

Whatever degree of distress you are experiencing our cafe is here to support you.

The cafe workers are a mix of Mind and NHS workers and will offer you support and advice.

We work in partnership with the NHS giving you access to NHS services if you need them.

Friday 16:00 - 21:00 | Saturday 12:00 - 20:00

14 Havelock Street | NN8 4QA

01933 223591

Open Mind | Peer Support Group

Every Wednesday 13:00 - 17:00 @ our resource centre on **Havelock Street**.

A relaxed and informal group where you can meet with like minded people to socialise and enjoy a cup of tea or coffee. There is a peer support worker facilitating the group who can offer a friendly ear should you need further support.

People who access our Peer Support Group feel empowered in the recovery journey, have improved confidence and self-esteem and a more positive sense of identity.

We also run a Bring & Share lunch:
1st Weds of each month @ 12:30 - 13:30.



elefriends.org.uk | Online Support Community

Elefriends is a supportive online community where you can be yourself.

We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others.

Shared experiences and perspectives are valuable and powerful. In this way Elefriends don't just get help, they give help too. In the good times and the bad.

Elefriends is for people over 18.

Elefriends is managed nationally by Mind, the mental health charity and its setup was generously supported by the Cabinet Office's Social Action Fund.

The Ele and his handlers at Mind moderate the community and help to keep it safe. They're available to respond to any questions or help with difficult situations during these hours:

Mon - Fri: 10:00 - 24:00

Sat & Sun: 10:00 to 14:00 & 17:00 to 24:00

<http://elefriends.org.uk>

First for Wellbeing | Northamptonshire

Emotional wellbeing is about looking after our mental health. It's about doing everything we can to effectively manage our thoughts, feelings and actions in a way that helps us function in our day-to-day lives.

Our Emotional Wellbeing service helps people to manage mental health concerns such as anxiety and depression, and provides support to help people live the best life they possibly can. We also offer a range of services, courses and workshops for people interested in learning more about, or improving, their everyday emotional wellbeing, whether this be stress management, dealing with grief or coping with big changes or life events.

Having a positive emotional wellbeing is a key component to living a happy, healthy and well-balanced life.

We offer: 1 on 1 initial appointment | Support to help you manage change, grief and other stressful life events | Events calendar of emotional wellbeing courses, workshops & events | Resources and info to help you build up your emotional resilience | Learn2b courses – a range of free recovery-focused courses open to anyone who has experienced mental health concerns

Wellbeing Advisor: 0300 126 5000 | <https://www.firstforwellbeing.co.uk>

Service Six

Service Six provides a wide variety of free services for children, young people, adults, families & communities, including:

The Opal Project | Self Harm Support [ages 10-18]

Young People tell us self-harm actions aid management of anxiety and low self-confidence as a result of their diverse experiences of abuse, trauma, inequality and loss.

All project activities actively target the most disadvantaged young people and primarily those in Northamptonshire's highest multiple deprivation areas: Northampton, Wellingborough, and Corby.

The Opal Project is free so young people in poverty or hardships are not excluded.

We support young people to:

reduce self-harming behaviours through identifying alternative healthier ways of coping and of channelling frustrations and other strong emotions to achieve being emotionally and physically well | reduce their anxiety through understanding what the difficulties are, exploring strategies how to treat and deal with those difficulties to achieve emotionally and physical wellbeing and to develop a strong self-belief | increase their self-confidence by helping them to become competent in having control over their situation, making smart decisions and taking responsibility for their choices to achieve being emotionally well and having essential skills to live happier and healthier lives.

We offer:

4-6 weeks Wellbeing group work programme | bespoke 1:1 support and mentoring interventions - pre, during and beyond group work | bespoke 1:1 support and mentoring intervention for young people who are unable to receive support within a group | supporting young people to actively participate in the project including co-production, evaluation, peer-led activities and accredited youth volunteering.

referrals@servicesix.co.uk | 01933 277520 or 01933 272746 | 07780 998905

emma.campion@servicesix.co.uk

<http://www.servicesix.co.uk>

Wellingborough LGBT Group

We offer support for people in the area who identify as Lesbian, Gay, Bi-sexual, Transgender 'plus', including young, older people, disabled people, and people from various ethnic minorities and identify ways to address problems of social isolation.

Services provided for:

Bisexual Men | Disabled People | People Over 50 | Bisexual Women | BME/Black People
Deaf/Hard of Hearing People | Gay Men | Lesbians/Gay Women | Men | Non-UK Residents
Trans People/People with gender histories | Women | Young People | Other

07506 536876 | Castello Lounge, 1-2 Market Street, Wellingborough, NN8 1AN NTH
hello@wellingboroughLGBT.net | <http://www.wellingboroughlgbt.net>
1st Thursday of the month | 19:00 - 22:00

Teamwork Trust | Wellingborough

At Teamwork Trust we care and are passionate about ensuring that everyone has access to the same chances, choices and opportunities and we embrace and celebrate individual needs and abilities.

At our Corby, Kettering and Wellingborough centres we work with and support our Northamptonshire members – adults with mental health needs, learning and physical disabilities – who can choose from our enabling and education projects, activities and counselling programmes.

Teamwork Trust offers a friendly, supportive environment where individuals can make new friends, access education and employment experience and regain self-esteem and confidence.

We offer the following programmes:

Enabling | Education | Counselling | Wellbeing | Activities

We also run a **Men's Shed** in Wellingborough - contact us to find out more.

Refer online: www.teamworktrust.co.uk

38A Oxford Street, Wellingborough, Northamptonshire, NN8 4JG

Manjula Mistry: 01933 442066

ADHD Matters | Wellingborough

The aim of this site is to share information and advice with young people and their carers throughout Northamptonshire and the wider community.

On this website you will find useful downloads on subjects such as behaviour management, Meltdown Management and teaching strategies plus many more. If you are looking for more information on a particular subject please let us know!

We also have information and videos for young people to watch, useful links to websites that they can start to build their own ADHD management skills.

Raising awareness is of utmost importance to us, as this website continues to grow we will reflect this by sharing the latest information from the ADHD community and scientific world. Working together to dispel the negative view of ADHD.

We hope you like the website and we would like to hear from you if there is anything you would like to see on the website.

***General advice | Behaviour Management | Workshop in 1-2-3 Magic for parents
Face to face meetings by arrangement and drop ins | School visits & meetings | Meetings
with other organisations | Professional awareness sessions & presentations | Signposting to
other services***

Thank you for your support.

01604 239200 | zoe@adhd matters.co.uk | <http://www.adhd matters.co.uk>

ADHD Smart Northamptonshire

ADHD Smart is an independent service providing information advice and training for parents, children, school and other educational settings.

We provide workshops and behaviour management for all aspects of ADHD and associated conditions, including Asperger Syndrome, Oppositional Defiant Disorder (ODD), challenging behaviour, and emotional and social difficulties.

We offer: 1:1 coaching & support in the home for parents & young people to help with strategies and visual structure | Support & advice on all aspects of ADHD and associated conditions for schools – in the classroom and other educational settings | information, advice, bespoke training and coaching for families & carers also for educational settings and community groups.

Tues - Fri: 09:00 - 17:00 | www.adhdsmart.co.uk

Northamptonshire Carers

Health and wellbeing

What is wellbeing? You may have heard the term but not know what it means, you may think that you have a little understanding about the term, or just find it quite frankly confusing. Wellbeing is different to everybody but it can include physical and mental health, feeling safe and reaching your potential.

If caring is having a negative impact on your own wellbeing, then you're not alone as many other carers will be having similar experiences. Whether it be because of physical strains of your particular caring role, lack of sleep, or the worry of seeing a loved one who is ill.

There is though support to help improve and maintain your wellbeing. As it is a very individual term not everything will work for you but hopefully we will be able to support you in improving your own health and wellbeing in a way that works for you.

All of our services are designed to help improve your wellbeing. This may range from speaking to other people in similar situations, going for a relaxing swim, or getting a short break away from your caring role.

We have put together several support planning tools which can be downloaded here. There are many tools and not all of them will be for you but hopefully some will be relevant to your situation. These are designed to allow you to focus your thoughts on one particular area of your life such as your support networks, your own health or your own finances. By focusing your thoughts in this way it is hoped that you'll be able to find solutions in areas that were previously very confusing.

If you are unsure about what services will work for you, we can arrange a Carers Assessment and Support Plan which will look at your individual situation.

We also provide: breaks for carers, carers groups and carers cafes. See website for details.

01933 677837 | 123 Midland Rd, Wellingborough NN8 1LU
<https://www.northamptonshire-carers.org>

S2S | Substance to Solution | Wellingborough

S2S can help you to map out your personal recovery journey. A Recovery worker can complete an assessment with you and refer you directly into the next Induction Group.

Dedicated staff are available for anyone requiring support around their recovery. We offer support to the individual in sustaining recovery. Working with the individual, the recovery worker will offer information, advice and guidance, with links to the local community. Groups and activities are also available at S2S to assist service users in their recovery journey as well as links to mutual aid groups and longer term recovery support options.

S2S offers: 1:1 support | prescribing options | options around home detox or in patient detox | groups - structured and peer led | activities and key work sessions exploring strengths and resources that will support service users to achieve their chosen goals.

S2S is available to provide support for adults (over 18) with substance misuse issues within the Northamptonshire area.

Clients can self refer by walking in through the front door to be assessed by an open access worker. Clients will then be invited to attend the next Induction group. Once the client's induction into the service and treatment is complete; the next 1-2-1, clinic, or pod/group session will then be booked.

@ 41 Oxford Street, Wellingborough, NN8 4JG

01604 211 304 | 01604 603 101 | northants@cgl.org.uk

Mon, Weds - Fri: 09:30 - 16:45 | Tues 11:30 - 16:45 | Thurs also 16:45 - 19:45 by appointment only

Wellingborough And East Northamptonshire Women's Aid

A 24 hour telephone help line, support, advice, refuge, after-care and out-reach for women and children who are victims of domestic violence.

Female 16 years + (except in the case of forced marriage) and male children up to 14 years.

Emergency refuge placement: 08082000247

PO BOX 47, Wellingborough, Northamptonshire, NN8 1DF

01933 224943 | <http://www.wenwomensaid.co.uk>

Tai Chi Beginners Course | Wellingborough

6 week Beginners Course: Tuesdays 13:00 - 14:30 | 30 October - 11 December 2018

Tai Chi (24 Form), Daoyin and Fan Form - Beginners welcome

13:00 - 14:00 suitable for beginners - last 30 min to include more advanced work

@ Victoria Centre, Palk Road, Wellingborough, NN8 1HR

<http://www.wellspringtaiji.co.uk/TaiChiClasses.html>

Age UK Northamptonshire

Services include:

Art Class | Thursdays 10:00 - 12:00 | £4.50 pay as you go

Bridge Club | Tuesdays 10:00 - 12:00 | £3 pay as you go

Tracing your Family Tree | Tuesdays 13:30 - 15:30 | £50 for 10 week term

Photography Club | last Weds of every month 10:00 - 12:00

Whist Club Beginners & Improvers | Fridays 10:00 - 12:00 | £3 pay as you go

This is a fun, informal group led by experienced players.

@ 30 Billing Road, Northampton, NN1 5DQ

Northants Writer's Ink | Wellingborough

A creative writing group for those living in Wellingborough and the surrounding district.

We meet more or less every three weeks at **7pm on Mondays at the Friends Meeting House**, St Johns Street, Wellingborough.

We feature presentations, on-the-spot writing, editing exercises, discussions and reading out writing challenges set by members at previous meetings. Although we're serious about writing, we're a friendly group.

www.northantswritersink.net

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Wellingborough Ramblers

Hello ! Welcome to the Wellingborough Ramblers Group.

We have organised these pages to help you:

Find a walk near you | Get involved and join us | Learn more about the Ramblers and our work in the UK

Want to find out more ?

Follow the link 'About Us', where we introduce you to the group in a more detailed way.

You will also find information on the current Committee, the latest Newsletter and much more.

<http://www.wellingboroughramblers.co.uk>

London Main Office: 020 3961 3300

Still need therapeutic gardening/community gardens and green spaces
youth services - code group, writing, arts group

Sunday Walks | Waendel Walkers Club

Everyone welcome!

Next walk: Sunday 11th November [Choice of 6 or 12 miles]

Circular Route starting & finishing @

The Rose and Crown, Islip

Starts any time from 10:00 onwards

Walk at your own pace, on your own or with a group

Detailed route description supplied

Mainly footpaths or bridleways

No booking or membership required - Just turn up, check in and go

For more info: Peter Rickwood 01933 272971 | Steve Sloan 01604 410723

www.waendel.org.uk

Green Spaces near you...

Irchester Country Park | Wellingborough

Considering it used to be an ironstone quarry, Irchester Country Park is very easy on the eye! It features a great children's play and activity area that includes varying climbing frames, slides, swings and loads of other popular bits of kit suitable for keeping kids under 10 years happy. There are circular, way marked and hard surfaced trails throughout the woodlands that are ideal for push and wheel chairs. There are several designated picnic areas along the routes but if you need a coffee to keep you going the Quarryman's Rest cafe is apparently open daily.

Natural residents of the woodlands here include Muntjac Deer, hedgehogs, stoats and squirrels, so it's worth keeping your eyes peeled and maybe even taking binoculars! Kids' Orienteering Packs are available which offer differing trails to follow.

Gipsy Lane, Little Irchester, Wellingborough, Northamptonshire, NN29 7DL

Stanwick Lakes | Northampton

Stanwick Lakes is a unique 750 acre countryside attraction and nature reserve located in the heart of Northamptonshire's Nene Valley. There are extensive and imaginative play areas, open spaces and paths that families, walkers, cyclists and nature lovers can explore at leisure. The visitor centre, with café, shop and function space, hosts events, family celebrations, business meetings and craft workshops throughout the year. Stanwick Lakes is managed as a social enterprise by environmental charity, Rockingham Forest Trust, in partnership with East Northamptonshire Council.

<https://www.stanwicklakes.org.uk>

Summer Leys Nature Reserve | Wollaston

An old gravel pit transformed into an internationally important haven for breeding and wading birds.

This large, ex-gravel pit is made up of a main lake with gently sloping banks, shallow areas of water and ponds, low lying islands, a large scrape and a fringe of reeds surrounded by grassland and wet woodland. This is ideal habitat for wintering birds: goosander, wigeon and gadwall reach nationally important numbers, joined by large numbers of roosting lapwing and golden plover.

Wading birds use the scrape and the shallow lake margins. Oystercatcher, ringed plover, little ringed plover and redshank stay to breed, while whimbrel, turnstone and common sandpiper often pass through during migration. Numerous pairs of common tern nest in a colony on the islands, so we cut back vegetation each autumn to keep them safe, and every few years we re-profile the wader scrape.

Otters are rare but regular visitors to the reserve, while the taller reeds and rushes around the lake may reveal the ball-shaped woven nests of harvest mice. Sixteen species of dragonflies and damselflies have been recorded here and it is one of the best places to see the uncommon hairy dragonfly, which dances around the edges of Marigold Pond in May and June. Late spring sees hobbies hunting insects over the reserve.

Kim's Corner, a fragment of species-rich neutral grassland, is a good place to watch butterflies. In late summer, it comes alive with the songs of grasshoppers and crickets. We haycut in summer, followed by sheep grazing. To maintain the open nature of the lake banks, we coppice willow. We also cut back other vegetation and remove encroaching scrub. We have regular work parties at Summer Leys.

Hardwater Road [near Wollaston]

Northamptonshire NN29 7TD Wellingborough

<https://www.wildlifebcn.org/nature-reserves/summer-leys>