

LOCAL STUFF

Dudley | MIND

We are Dudley Mind, part of the Mind family. We are a local mental health charity that aims to improve and promote recovery and wellbeing for people in the Dudley borough affected by poor mental health. We hope you enjoy visiting our website and find the information you are looking for. We work with people to create practical ways in which they can strengthen their own mental health. We use the "Recovery" model of mental health and regard those we support as autonomous people with the capacity to come through a period of mental distress and develop their individuality, self awareness and self acceptance.

Food for Thought | Wellbeing Cafe

Our exciting wellbeing cafe opened its doors in Stourbridge on Monday 11 December 2017. Serving a wide choice of freshly made foods and drinks, including Indigo Valley ethical coffees and of course cake (!), the aim of the cafe is to help generate vital funds for the charity and promote wellbeing to customers.

All of the proceeds from the cafe will be used to support our charitable work to support local people experiencing mental health problems. So please come and enjoy some breakfast, lunch and coffee and cake with us. We hope to welcome you soon!

Tues - Sat 08:30 - 15:30 | Carlisle Centre, Victoria Street, Stourbridge, DY8 1SP
01384 910246 | <http://dudleymind.org.uk/food-for-thought-wellbeing-cafe>

Keeping it Together | Drop In

A friendly, welcoming Drop In service for people who experience mental health difficulties & those who feel socially isolated, & would benefit from receiving support from like minded people.

Twice a week, Mon:15:00 - 18:00 & Thurs 15:00 - 19:00 in Dudley.

A trained member of staff will always be available to listen and support you.

Contact Tim if interested on **01384 442938 | enquiries@dudleymind.org.uk**

Peer Support Groups

Our peer support groups offer a safe place to meet with others who've had similar experiences. Each group runs slightly differently, as decided by the group members. Some groups prefer just to chat whilst others like to plan activities or discuss particular topics.

For more info: <http://dudleymind.org.uk/peer-support-groups>

<http://dudleymind.org.uk>



Wolverhampton Healthy Minds

A psychological therapies service for people who are experiencing common mental health problems such as depression, anxiety and stress. Self refer online.

0800 923 0222 | 01902 441 856 | 9:00 - 16:30 Mon - Fri (except Bank Holidays)
<http://www.wolverhamptonhealthyminds.nhs.uk>

Aspiring Futures Wolverhampton

A women led Community Interest Company that aims to support women to 'aspire for better', through the provision of a range of holistic services that will enhance quality of life, increase economic and career prospects and improve health and well-being. Provides health awareness, keep fit sessions, counselling and social integration.

Health and Wellbeing

**1:1 counselling | 1:1 Mentoring and coaching | Family counselling/therapy | Group therapy
Health & Fitness including Zumba Fitness and free Health Checks & Personal Diet and Fitness
Plans | ESOL for Health | Confidence Building Workshops | Social Connectedness | Drop in
Sessions | Arts & Crafts Support Group | Volunteering & Work Placements**

Social Connectedness

Drop in Sessions | Arts & Crafts Support Group | Volunteering & Work Placements

Training & Employability

**ESOL for Work (Building Better Opportunities) | ESOL Courses | Computer Courses
Hair & Beauty Courses | Functional Skills**

01902 458770 | <http://www.aspiring-futures.co.uk/contact-us>

Base 25

Charity for 11 to 25 year olds. It provides information and an advice centre offering a daily drop in service and a range of other services to young people, including:

**anger management | counselling | daily drop in | young people & CSE | young people &
domestic abuse | young people & gangs**

To make a referral: **enquiries@base25.org**
01902 572040 | <http://youthlink.btck.co.uk>

Birmingham LGBT

Our vision is a vibrant, diverse lesbian, gay, bisexual and trans community in Birmingham, UK in which individuals can realise their full potential and have equal access to what the city has to offer. We offer a range of services focused on improving the health & wellbeing of individuals.

Our wellbeing support service can help you to improve your wellbeing and reduce isolation. We encourage a greater understanding around wellbeing, coping strategies and resilience to support people to manage life's struggles.

You can access support either face-face, by telephone or online and you will have dedicated time to discuss your interests, needs or concerns.

0121 643 0821 to book a wellbeing assessment | <http://www.blgbt.org> | hello@blgbt.org

LGBT Network | Wolverhampton

Offers a variety of services, supported by a great team of volunteers, we support local LGB and T individuals and groups.

01902 425 092 | <http://www.lgbtwolverhampton.org.uk>

LGBT Reading Group | Wolverhampton

We are a friendly LGBT Reading Group open to all. The group meets on the 3rd Wednesday of every month 7pm-8pm at the LGBT Network on School Street.

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Come along and say Hi or: info@lgbtwolverhampton.org.uk | 01902 425092

Changing Lives | Wolverhampton

Offer support for young women aged 10 upwards. Support could involve group work and also 1-2-1 support and services range from young people through to parents.

Family Matters is a 3-year project [2017-2021] funded by the European Social Fund and Big Lottery Fund. The project aims to help people across the Black Country build the skills and confidence to get into work.

Changing Lives work with women and their families in Wolverhampton and Walsall one-to-one to understand their goals and their challenges, and then offer all the support that's needed to help them meet these goals.

If you are aged 16 or over, and are out of work, then Family Matters could help you:

Improve confidence, self-esteem, social and communication skills | Identify and engage in volunteering, education & training activities | Improve health wellbeing for women & their families |

By offering support into employment.

Family Matters Team: **01902 341822 | nicola.Salt@changing-lives.org.uk | sommer.Stringer@changing-lives.org.uk | 0191 273 8891 | www.changing-lives.org.uk**

The Way Youth Zone

The Way Youth Zone has 20 action-packed activities every evening, 7 days a week for all young people, regardless of ability or disability.

We split young people into two clubs: **Junior Club** for ages of **8-12** | **Senior Club** for ages **13-19**

Junior Club is usually 16:00 - 21:00 Tues & Thurs | 10:00 - 14:00 Sat.

Senior Club is usually 16:00 - 22:00 Mon, Weds, Fri & Sat | 16:00 -21:00 Sun.

There are disability sessions every Sunday 12:00 - 15:00 with dedicated staff.

The Way Youth Zone is inclusive - a disabled young person can come to the mainstream sessions too with a carer (the carer will need to provide a copy of a DBS check before being allowed into one of our sessions).

You can see The Way's weekly plan of scheduled activities below by clicking on the this week's planned activities. We run a Holiday Club every school holiday too for young people between the ages of 8-12 years old: **thewayyouthzone.org/holidayclub**

<https://www.thewayyouthzone.org> | info@thewayyouthzone.org | 01902 328 290

The Way Youth Zone, School Street, Wolverhampton, WV3 0NR

Spurgeons Young Carers Project

Wolverhampton Young Carers provide fortnightly group sessions for young people aged 8 to 18 who have a significant caring role at home. We offer a wide range of services to support young carers, from mentoring and educational support to activities and trips away to give them much needed time out from their caring duties.

Am I a Young Carer?

If your mum, dad, brother, sister or someone at home has a disability or illness which means you help look after them or make sure they are safe, then you could be a young carer. You may help with making drinks or snacks, cleaning and tidying, or by talking to them and keeping them company. You may feel you miss out because you have to look after your parent or another adult. Or your life may be different because your mum or dad takes a lot of time to look after your brother or sister.

How will you help me?

This is something we will talk to you about to see how you are feeling. We may be able to help you understand more about the condition of you mum, dad, brother or sister. There may be things we can do to help you cope with being a young carer, if you are having problem at school or need someone you can talk to because you feel upset, angry or worried.

We want you to see that you are not the only one and you are not alone.

Can I make a referral for myself?

If you are under the age of 18 years then we usually need parental permission for you to be able to join our service. Ask your parent/carer to get in touch. Or talk to someone you trust and ask them to contact us to see how we can help you. This could be another adult, teacher or tutor. Always talk to someone if you have any worries or concerns.

Can you help me get more help for the person I look after?

A Support Worker will arrange to meet with you for a chat about your caring at home and how we can best support you; this may mean that we contact other services that can also help you and the person you look after.

01902 877550 | <http://www.spurgeons.org/spurgeonsyoungcarerswolverhampton>

Wolverhampton Carers Club

The group aims to provide emotional support to any individual or family who are in need of help. We have a range of members from all age groups and backgrounds. We host regular monthly coffee mornings as well as social activities e.g. trips and group meals. We also arrange guest speakers to attend and provide helpful information and advice to support all carers with their roles.

Carers can expect a warm friendly welcome and a chance to mix with people, who have a personal understanding about their situation in a relaxed comfortable and social environment.

For more information about the group and to see if you might benefit from being a member please get in touch on our contact details.

Coffee Mornings: 10:00 -12:00 on the 1st Wednesday of each month.

Ros Cole: 01902 426987 | The Carers Support Team 01902 553409 | j6rmc@aol.com

The Women & Families Resource Centre

A registered charity based in Wolverhampton which supports, provides services, develops programs, empowers and advocates for women and children. Our services are free to any woman or child, regardless of race, culture or religion who is facing similar barriers or problems.

We help women discover their inner strength and confidence through information, assistance and support. Our desire is that every woman be empowered to enjoy stability and fulfilment in area of their life.

We assist women in finding and accessing available community services. We provide orientation services to newcomers in the UK | provide free and impartial Confidential Advice services for women and families | offer short term individual, relationship or couple counselling sessions | Provide emotional support & counselling to families that are dealing with crisis, especially domestic violence and harmful traditional practices.

The Sisters with Heart Befriending Project

Offers home visits by providing practical 1:1 support to help women address their concerns, issues pertaining to isolation and loneliness, domestic violence, immigration, bereavement, serious illness, break down in family relationships, depression, alcohol abuse, parenting support and any other crisis or challenging situation.

Parenting Group Sessions

Short term parenting group sessions with opportunities to lay the foundations for positive parenting, supporting parents to improve parent child relationships and to build up children's self-esteem and resilience. We also offer individualised parenting support for parents going through child protection or safeguarding issues.

Every Woman's Chat Group

A weekly drop in group (Every Friday) for women from diverse backgrounds and cultures giving them the opportunity to meet new people, make friends and practice conversational English.

Cookery Sessions

These sessions enable the women to practice their cookery skills, promote the impact that healthy eating can have on improving the quality of people's lives and help enhance their confidence skills.

Health & Wellbeing: Facilitating Health Forums, Training, Seminars, Workshops, Conferences, Health Promotion And Information Services On Issues Affecting Women. Exercise Sessions

Events

Social, cultural and recreational activities to overcome social isolation, provide informal emotional support and raise awareness on women issues.

<http://www.wfrc.uk.com> | 078 46922423 | 01902 219797 | karyne@wfrc.uk.com

Voice 4 Parents

Voice4Parents is Wolverhampton's parent carer forum - a group of parents and carers whose children have a range of special educational needs and/or disabilities (SEND) who work in co-production (as equal partners) with local authorities, education, health and other providers to make sure the services they plan and deliver meet the needs of children, young people and their families.

01902 550396 | V4P@wolverhampton.gov.uk | www.wolvesiass.org/voice4parents

The Inkwell Creative Writing Group

Do you suffer from stress, anxiety or any other mental health conditions? Or are you a carer of someone who does? Then this group is for you.

We cover a range of topics from illustrated pieces to writing inspired by known works. Each group member chooses what they would like to do. Workshops are available. No experience is necessary. We offer refreshments at a small charge.

Yvette is a qualified and experienced Community Arts Worker, in particular within the mental health field. She also has a teaching qualification and is skilled at helping empower individuals to give them a voice; to enable socialisation and promote wellbeing.

Meet in Stourbridge 11:30 - 13:00 every Thursday. We extend a warm welcome to anyone who would like to join us.

Tim: 01384 442938

Telling our Story

Head on over to The Inkwell Creative Writing group's 'Telling our Story' page where you can find links to stories, poems and other forms of fiction written by members of the group.

All members are welcome to add something they have written to the page, why not join and have something you have written added also?

<http://dudleymind.org.uk/peer-support-groups/creative-writing-group/>
<http://dudleymind.org.uk/telling-our-story/>

Wolverhampton ADHD Parent Support Groups

Cranmore Methodist Centre: Newhampton Rd, Whitmore Reans

Holy Trinity Church Hall: Bushbury Rd, Heath Town

Shepherd Centre: Second Ave, Low Hill

Goodyear Leisure Centre: Stafford Rd, Fordhouses

Catherine | Jan: Family Support Workers: 01902 444021 | catherine.Mead@wolvespct.nhs.uk

Wolverhampton ADHD Family Support Group

Tracey: 01902 578955 | Mandy: 07834 696315 adhdsupportgroup@blueyonder.co.uk

http://www.wolverhampton.gov.uk/community_living/interest/charities/wton_adhd.htm

1 in 6 Gaming | Peer Support Group

1 in 6 Gaming is a peer support group for people who enjoy playing a wide range of board games. These include war games, card games and painting board game miniatures

The group is self led and designed to break the stigma of mental health and anyone who is suffering from it.

Gaming and mental health

Playing games with others can help improve mental health in a number of ways.

Laughter – laughter increases our endorphin levels, the chemicals that make us feel happy.

Reduce Isolation – isolation is one of the main causes of mental health problems. Meeting regularly with other people reduces isolation and can help improve your mental health.

Reduce stress – when our body is in a relaxed state our stress levels decrease.

Shared experiences – the chance to talk to others who understand what it is like to live with a mental health problem and learn new coping strategies

1 in 6 gaming meet regularly on Tuesday evenings from 6:30 – 9:30pm in Brierley Hill (DY5 1LA area).

If you would like to join the group:

Joe: 0743396555 | oneinsixgaming@gmail.com.

<https://www.insighthealthcare.org>

Walking Football | Wolves Community Trust

Walking football is a slower paced version of the beautiful game with minimal contact tackling helping to make the game more inclusive. It's predominantly played by over 50's who may have stopped playing due to age, but also popular with individuals who may have stopped playing due to injury or low fitness levels. This adaptation of the sport has grown greatly over the past couple of years leading to the FA recently deciding to create a set of standardised rules.

The Walking football sessions we deliver are run in an informal setting and focus on enjoyment. The groups participate in tournaments when possible, see the 'News' section above for tournament match reports. No booking is required, just turn up at one of the sessions below and have a go:

Mondays: 16:00 - 17:00 | Over 50s only

Bert Williams Leisure Centre, Nettlefolds Way, Bilston, Wolverhampton, WV14 0EF

Wednesdays: 17:30 - 18:30 | Over 50s only

WCT Indoor Arena, Aldersley Leisure Village, Aldersley Road, Wolverhampton, WV6 9NW

Rachel Smith: rachelsmith@wolves.co.uk | 01902 687038. Tai Chi in Wolverhampton

Medical research has found evidence that tai chi is helpful for improving balance and for general psychological health, and that it is associated with general health benefits in older people.

I currently run a number of classes in the Wolverhampton and Walsall areas of the West Midlands. The classes range from beginners to advanced classes and we study a variety of styles of weapon and open hand forms. The main style taught is Yang style both modern and traditional and Sun style once a certain amount of competence has been achieved in Yang style.

Chinese Arts and Culture Centre [Unit E4, Stafford Park 15, Telford TF3 3BB]

Yang Style Tai chi and Qigong | Mondays | 19:00 - 21:15

Our Lady and St Chad's Catholic School [Old Fallings Park Lane, Wolverhampton, WV10 8BL]

BHQA Qigong | Tuesdays | 18:30 - 19:30

Sun style Tai Chi and Qigong 19:30 - 20:30

The Polish Club [Stafford Rd, Wolverhampton]

Beginners: Tai Chi, Kung-Fu Fan & Qigong | Thursdays | 18:30 - 19:30

Advanced Tai Chi: IWUF new compulsory Yang Style Tai Chi & Qigong

19:30 - 21:00

<https://www.holisticday.co.uk>

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

Growing with Dudley Mind | Gardening Group

We use gardening to build and support the mental and physical health of our communities.

Our projects provide activities, skills training and friendship for people with, or at risk of, isolation and poor mental health.

People who garden regularly know that being outdoors, seeing the changing seasons, caring for plants, getting some exercise and working alongside other people makes them feel good. Recent research has now provided sound evidence to support that. It shows that outdoor activities, often called 'ecotherapy' can:

improve mental and physical health and wellbeing | increase physical activity | help to improve concentration | help in managing anxiety and depression | build confidence as people learn new skills and see the results of their efforts | support the move into training, qualifications and employment | build connections and friendships in local communities

Our garden projects are open to anyone over the age 18. You don't need any gardening experience and you don't need to be strong or physically fit – we have activities to suit everyone.

If you're interested in joining or know someone who is...

Jill: 01384 442938 | <http://dudleymind.org.uk/growing-in-the-park> | <https://www.facebook.com/pages/Growing-with-Dudley-Mind/487230511418900?ref=hl>

Dudley Mind Walking Group

We enjoy going for long walks together every last Saturday of the month to help improve mental wellbeing. The walks are led by our two friendly walk leaders, Kirpal and Ade, who both have their own experience with mental health.

The location of the walks changes from month to month. Past walks have taken place at Kinner Edge, Leasowes Park and the grounds surrounding Wollaston Tennis club.

To join the group: **Simon 01384 442938 | enquiries@dudleymind.org.uk**

The Mind Get Set to Go Programme has proven that taking part in a physical activity improves peoples mental health and wellbeing.

<http://dudleymind.org.uk/walking-group>

Walking for Health

Wolverhampton Walking for Health community led walks: The walks are especially suited for people who currently don't do much walking but who want to get healthier, fitter and make new friends.

We also run Nordic Walks (Progressive Walks) To take part you need to attend training sessions. For more info please contact as below.

For more information on walks, including meeting place and times, please click on the walk name.

For any other information: ***angelawallace151@gmail.com***

<https://www.walkingforhealth.org.uk/walkfinder/west-midlands/wolverhampton-walking-for-health>

Bike Shed | Wolverhampton

A community based project offering bicycle repair and recycling. We're a non-profit project run by volunteers and have been running since February 2010.

Based at Bradmore recreation ground, Church Road, Bradmore, Wolverhampton; we repair anything and everything from unicycles to tricycles.

We currently offer bike repairs, but in the future we also aim to start a bike club and a bike loan scheme.

<https://wolverhamptonbikeshed.org/bike-shed>

Green Spaces near you...

Smestow Valley Local Nature Reserve

Smestow Valley Local Nature Reserve (LNR) is a haven for wildlife, with around 50 hectares (120 acres) of meadows, scrubland and woodland.

Our visitors enjoy the wildlife, bird watching, flora and fauna, cycling down the former railway track - long since removed.

The route now features flat and mainly level path, making it easy for walkers and cyclists.

There are lots of opportunities for the keen photographer to capture rare/unusual plant specimens, alongside more commonly found favourites.

It also comprises a craft village, gardens, boating lake, kids' play area, plus sporting facilities.

Smestow Valley Local Nature Reserve, Meadow View Terrace, Wolverhampton

<http://www.wolverhampton.gov.uk/article/3355/Smestow-Valley-Local-Nature-Reserve>

Northycote Farm

Northycote Farm has on its site a Tudor farmhouse which is steeped in history.

There are many informal walks through the woodland. These offer opportunities to view or photograph a wide variety of wildlife, in their natural habitats. Animals at the farm include: Norfolk Black Turkeys | Geese, chickens, ducks & guinea fowl | Shropshire sheep | Pigs

Other things to do include regular events held throughout the year, such as:

Easter Egg Trails | May Day Celebrations | Music | Town and Country Show | Harvest Festival | House tours run by the friends group | Halloween Events | Christmas Events: log dressing, wreath making, star dedication and traditional Christmas Fayres with Father Christmas

Also open for all of the farm's events are the tea rooms and picnic area and on site there are facilities for baby changing and disabled toilets.

<http://www.wolverhampton.gov.uk/article/1877/Northycote-Farm>

Falconry with Nigel Hawkins

Our aim is to provide individualised, exhilarating falconry experiences, working in companionship with trained birds of prey over a range of beautiful rural landscapes. These include opportunities to join us for Hawk Walks, where our fully trained hawks and knowledgeable handlers will allow you to witness the marvels of flight close up in small, intimate groups, where the emphasis is very much on clients handling and flying the birds. We also offer photography days and full hunting days with goshawks, peregrine falcons and Harris' hawks.

Hilton Lane, Essington, Wolverhampton WV11 2BQ
<http://www.hawkinsfalconry.co.uk/index.aspx>