



LIVING LIFE WELL PROGRAMME- 2017

TAUGHT COURSES

The Living Life Well Programme runs two taught courses called **STRESS CONTROL** and **ACTIVATE YOUR LIFE**. Taught courses are delivered in a lecture style (not a group therapy); as such they contain no discussion of personal problems. This allows people who feel uncomfortable talking in front of others to attend without any concerns; however you are more than welcome to speak to the facilitators of the course either during the break or at the end of the sessions if you have any questions.

WORKSHOPS

For people that prefer more interaction we run a standalone workshop based on the **5 WAYS TO WELLBEING**. We will also be delivering other workshops on an array of issues throughout the year which will be advertised nearer the time. The workshops will encourage participation, however this is voluntary and some people will feel more confident than others at speaking.

ADDITIONAL INFORMATION:

When and where? We have a rolling programme of courses and workshops throughout 2017 in *Bridgend, Neath Port Talbot and Swansea*; we offer morning, afternoon and evening courses.

Who can attend? We all have mental health, just as we all have physical health- so anyone and everyone is welcome to attend to help enhance their psychological wellbeing. People come to the courses and workshops for a range of reasons; whether they identify as having an issue with their mood personally, they want to support a friend or loved one, or even that they simply want to learn more about the way their mind works and how to improve their general wellbeing.

How do I join? The courses and workshops are free, self-referral and open access, so there is **no need to book on or register**, simply choose what you feel is the most suitable for you and turn up; feel free to bring someone along and spread the word. We do not take an attendance register, but with the courses we do recommend that you attend all of the sessions to get the most out of it, although you can always switch between courses to fit in with your commitments.

If a copy of our dates and venue information is not attached to this sheet or you have any questions or queries please feel free to contact:

The ABMU Living Life Well Programme: email: living.lifewell@wales.nhs.uk or phone/text: 07967612246

We look forward to seeing you soon.

All information is accurate to the best of our knowledge at the time of producing this information pack (12.07.16).



STRESS CONTROL

Stress Control was created by Dr Jim White and is the most commonly used stress management course within the NHS and is run across the world. It helps people to understand how stress and associated problems such as low mood, anxiety, panic and sleep affect them. The aim of the course is to help turn you into your own therapist; you are the expert on you, but the course is here to guide you in improving your understanding and management of stress.

The course is based on *Cognitive Behavioural Therapy* which looks at the connection between thoughts, feelings, bodily sensations and behaviours to help people discover what may be maintaining their stress and learn ways to manage it more effectively. The course is run weekly over six sessions for approximately 90 minutes with a break halfway through the session.

The six sessions:

Session 1: What is stress? The first steps

Session 2: Controlling your body

Session 3: Controlling your thoughts

Session 4: Controlling your actions

Session 5: Controlling panic feelings and medication

Session 6: Controlling your sleep, wellbeing and controlling your future

ACTIVATE YOUR LIFE

ACTivate Your Life was devised by Professor Neil Frude and the course will help teach people how to have a better life, a life with less suffering and greater freedom to do the things that matter to them. The aim of the course is to help you understand why your struggles to overcome your problems may have been making things worse; it will help you to do things differently and to make life better for yourself. You will learn a lot about how your mind works and you'll discover that your mind often works against you, but you can stop your mind spoiling things for you by learning how to take more control.

The course is based on *Acceptance and Commitment Therapy* which teaches people how to reduce their suffering and how to lead a richer, more fulfilling life by *accepting* the things they cannot control and making a *commitment* to do the things that they really care about. The course is run weekly over four sessions for approximately 2 hours with a break halfway through the session.

The four sessions:

Session 1: ACT 1- You are not your mind

Session 2: ACT 2- Facing up to your life

Session 3: ACT 3- Being mindful

Session 4: ACT 4- Living wisely, living well

5 WAYS TO WELLBEING WORKSHOP

The 5 Ways to Wellbeing workshop explores evidence-based actions which promote wellbeing and discusses how we can incorporate such actions into our daily lives. The workshop runs for approximately 90 minutes.



The ABMU living life well programme



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STRESS CONTROL 2017

LOCATION	VENUE	DATES	TIME
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW <i>Room: The Youth Wing</i>	Session 1: Thursday 5 th January Session 2: Thursday 12 th January Session 3: Thursday 19 th January Session 4: Thursday 26 th January Session 5: Thursday 2 nd February Session 6: Thursday 9 th February	Morning 10:00 – 11:30
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Wednesday 25 th January Session 2: Wednesday 1 st February Session 3: Wednesday 8 th February Session 4: Wednesday 15 th February Session 5: Wednesday 22 nd February Session 6: Wednesday 1 st March	Evening 17:30 – 19:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Monday 13 th February Session 2: Monday 20 th February Session 3: Monday 27 th February Session 4: Monday 6 th March Session 5: Monday 13 th March Session 6: Monday 20 th March	Afternoon 14:00 – 15:30
Neath	Neath CVS 17-19 Alfred Street Neath SA11 1EF <i>Room: Conference room</i>	Session 1: Wednesday 15 th March Session 2: Wednesday 22 nd March Session 3: Wednesday 29 th March Session 4: Wednesday 5 th April Session 5: Wednesday 12 th April Session 6: Wednesday 19 th April	Evening 17:00 – 18:30
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Tuesday 11 th April Session 2: Tuesday 18 th April Session 3: Tuesday 25 th April Session 4: Tuesday 2 nd May Session 5: Tuesday 9 th May Session 6: Tuesday 16 th May	Morning 10:00 – 11:30
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 4 th May Session 2: Thursday 11 th May Session 3: Thursday 18 th May Session 4: Thursday 25 th May Session 5: Thursday 1 st June Session 6: Thursday 8 th June	Evening 18:00 – 19:30
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW <i>Room: The Youth Wing</i>	Session 1: Monday 5 th June Session 2: Monday 12 th June Session 3: Monday 19 th June Session 4: Monday 26 th June Session 5: Monday 3 rd July Session 6: Monday 10 th July	Afternoon 14:30 – 16:00



Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Wednesday 28 th June Session 2: Wednesday 5 th July Session 3: Wednesday 12 th July Session 4: Wednesday 19 th July Session 5: Wednesday 26 th July Session 6: Wednesday 2 nd August	Evening 17:30 – 19:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Friday 21 st July Session 2: Friday 28 th July Session 3: Friday 4 th August Session 4: Friday 11 th August Session 5: Friday 18 th August Session 6: Friday 25 th August	Morning 10:00 – 11:30
Neath	Neath CVS 17-19 Alfred Street Neath SA11 1EF <i>Room: Conference Room</i>	Session 1: Tuesday 15 th August Session 2: Tuesday 22 nd August Session 3: Tuesday 29 th August Session 4: Tuesday 5 th September Session 5: Tuesday 12 th September Session 6: Tuesday 19 th September	Morning 10:00 – 11:30
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Monday 2 nd October Session 2: Monday 9 th October Session 3: Monday 16 th October Session 4: Monday 23 rd October Session 5: Monday 30 th October Session 6: Monday 6 th November	Afternoon 15:00 – 16:30
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW <i>Room: The Youth Wing</i>	Session 1: Tuesday 24 th October Session 2: Tuesday 31 st October Session 3: Tuesday 7 th November Session 4: Tuesday 14 th November Session 5: Tuesday 21 st November Session 6: Tuesday 28 th November	Evening 17:30 – 19:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 9 th November Session 2: Thursday 16 th November Session 3: Thursday 23 rd November Session 4: Thursday 30 th November Session 5: Thursday 7 th December Session 6: Thursday 14 th December	Evening 17:30 – 19:00



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ACTIVATE YOUR LIFE 2017

LOCATION	VENUE	DATES	TIME
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Friday 6 th January Session 2: Friday 13 th January Session 3: Friday 20 th January Session 4: Friday 27 th January	Morning 10:00 – 12:00
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW <i>Room: The Youth Wing</i>	Session 1: Tuesday 7 th February Session 2: Tuesday 14 th February Session 3: Tuesday 21 st February Session 4: Tuesday 28 th February	Evening 17:00 – 19:00
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Tuesday 7 th March Session 2: Tuesday 14 th March Session 3: Tuesday 21 st March Session 4: Tuesday 28 th March	Morning 10:00 – 12:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 6 th April Session 2: Thursday 13 th April Session 3: Thursday 20 th April Session 4: Thursday 27 th April	Evening 17:30 – 19:30
Neath	Neath CVS 17-19 Alfred Street Neath SA11 1EF <i>Room: Conference Room</i>	Session 1: Friday 5 th May Session 2: Friday 12 th May Session 3: Friday 19 th May Session 4: Friday 26 th May	Morning 10:00 – 12:00
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Tuesday 30 th May Session 2: Tuesday 6 th June Session 3: Tuesday 13 th June Session 4: Tuesday 20 th June	Evening 17:00 – 19:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 22 nd June Session 2: Thursday 29 th June Session 3: Thursday 6 th July Session 4: Thursday 13 th July	Afternoon 14:00 – 16:00
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW	Session 1: Wednesday 9 th August Session 2: Wednesday 16 th August Session 3: Wednesday 23 rd August Session 4: Wednesday 30 th August	Afternoon 14:00 – 16:00



	<i>Room: The Youth Wing</i>		
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Wednesday 6 th September Session 2: Wednesday 13 th September Session 3: Wednesday 20 th September Session 4: Wednesday 27 th September	Evening 17:30 – 19:30
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 21 st September Session 2: Thursday 28 th September Session 3: Thursday 5 th October Session 4: Thursday 12 th October	Evening 17:30 – 19:30
Neath	Neath CVS 17-19 Alfred Street Neath SA11 1EF <i>Room: Conference Room</i>	Session 1: Tuesday 26 th September Session 2: Tuesday 3 rd October Session 3: Tuesday 10 th October Session 4: Tuesday 17 th October	Afternoon 14:00 – 16:00
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Session 1: Wednesday 22 nd November Session 2: Wednesday 29 th November Session 3: Wednesday 6 th December Session 4: Wednesday 13 th December	Afternoon 14:00 – 16:00



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5 WAYS TO WELLBEING WORKSHOP

LOCATION	VENUE	DATE	TIME
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Friday 3 rd February	Morning 10:00 – 11:30
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Tuesday 4 th April	Afternoon 14:00 – 15:30
Neath	Neath CVS 17-19 Alfred Street Neath SA11 1EF <i>Room: Conference Room</i>	Thursday 27 th April	Morning 10:30 – 12:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Thursday 15 th June	Afternoon 14:30 – 16:00
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW <i>Room: The Youth Wing</i>	Monday 17 th July	Afternoon 14:30 - 16:00
Bridgend	Bridgend Life Centre Angel Street Bridgend CF31 4AH <i>Room: Conference room</i>	Thursday 10 th August	Afternoon 15:00 – 16:30
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Friday 1 st September	Morning 10:00 – 11:30
Port Talbot	Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW <i>Room: The Youth Wing</i>	Tuesday 5 th December	Afternoon 15:00 – 16:30



2017 VENUES		
<p>Swansea YMCA 1 The Kingsway Swansea SA1 5JQ</p> <p>Room: Theatre The theatre is located on the first floor- please go to main reception and they will direct you.</p>	<p>Swansea YMCA is situated in Swansea city centre near the bus station and Tesco.</p> <p>Nearest car parking: There are surface car parks located on Newton street & Northampton lane, as well as a multi-storey NCP car park on the Kingsway.</p>	
<p>Neath Port Talbot CVS 17-19 Alfred Street Neath SA11 1EF</p> <p>Room: Conference room The conference room is located on the first floor, but please go to main reception and they will direct you.</p>	<p>Neath Port Talbot CVS is located in the town centre.</p> <p>Nearest car parking: There is free street parking in various streets surrounding the building (time restrictions apply). There is a multi-storey car park accessed via Prince of Wales Drive,</p>	
<p>Aberavon Leisure & Fitness Centre Princess Margaret Way Aberavon Seafront Port Talbot SA12 6QW</p> <p>Room: The Youth Wing is through the double doors to the right of the main reception, a member of staff at the desk will direct you.</p>	<p>Aberavon Leisure & Fitness Centre is located along the seafront.</p> <p>Nearest car parking: Free parking is available on the Leisure Centre grounds.</p> <p>Please ensure you are parking in the leisure centre car park, rather than surrounding venues such as the cinema.</p>	
<p>Bridgend Life Centre Angel Street Bridgend CF31 4AH</p> <p>Room: The conference room is on the first floor. Please ask at the main reception and they will direct you.</p>	<p>Bridgend Life Centre is located just on the outskirts of the town centre.</p> <p>Nearest car parking: There is a charge of £1 between the hours of 10:00 – 16:00, this can be refunded at the front desk.</p>	