



MIB Well-being Session Overviews

Singing Group

Day: Monday

Time: 16:00 – 17:00

Group Type: Open

The Mind in Bradford singing group is an opportunity to sing your heart out in a relaxed, non-judgmental environment, to make new friends, and to improve your physical and mental well-being in an enjoyable way! Singing has been proven to help increase oxygen levels, improve posture, and increase endorphins (a natural anti-depressant) to help lift your mood and help you to feel good about yourself! Singing has also been shown to reduce stress by releasing stored muscle tension and reducing the levels of cortisol (the 'stress hormone') in the body.

Independent Living Skills

Day: Monday

Time: 17:00-18:30

Group Type: Open

Having poor mental health can cause lots of barriers when trying to live independently. Simple tasks such as paying bills, personal hygiene and keeping the home tidy all seem like huge tasks when people are unwell. Independent living skills is a six week course which provides people with poor mental health the skills to be able to manage their lives and their homes better.

Peer Support Group

Day: Monday

Time: 18:30 – 19:30

Group Type: Open

The Mind in Bradford peer support group is run by both staff and volunteers who have lived experience of poor mental health. Research suggests that peer-led groups improve psychiatric symptoms therefore reducing psychiatric hospital admissions. The peer support group is a great way to speak to people who share similar experiences and 'get it' which is a very validating and empowering experience for people who are suffering from low self-esteem and living with uncertainty in terms of their mental health.

Tribal Drumming

Day: Tuesday

Time: 16:00 – 17:00

Group Type: Open

The Tribal Drumming group is an opportunity for individuals to drop their workaday lives, daily stresses and strains and remind themselves what it is to be free and alive. Our group begins with simple grounding beats to allow people to re-centre; we then encourage the group to turn up the gas and move from funky house beats to out and out primal tribal percussion. We keep on with the intensity for as long as people are comfortable for and then gently taper off, going down to something smooth and easy before finishing the session. Participants speak of feeling much lighter, happier and calmer.

MensZone

Day: Tuesday

Time: 17:00 – 19:00

Group Type: Open

MensZone is a safe place for men to express themselves, socialise and have fun, while exploring the world of mental health, mindfulness and wellbeing. Participants will have an opportunity to shape the activities we offer. MensZone are currently incorporating an hour of Raja Yoga mindfulness practice (meditation), courtesy of Nick Christianson from Brahma Kumaris.

Men's Mindfulness

Day: Tuesday

Time: 17:30 – 18:30

Group Type: Open

Men's Mindfulness is a safe place for men to express themselves, it can help you manage your wellbeing and mental health. You will also learn about other ways of positively changing the way you think and feel about your experiences, increase your ability to manage difficult situations, help you make wiser choices, reduce levels of anxiety, reduce levels of depression, reduce levels of stress and have greater self-compassion.

Anxiety Support Group

Day: Tuesday

Time: 19:00 – 20:00

Group Type: Open

The Anxiety Support Group provides an opportunity to learn what anxiety is, what causes it, as well as develop attitudes and self-help techniques for recovery. In order to do this we use a range of evidence based methods that you can learn yourself such as relaxation, Cognitive Behaviour Therapy (CBT), mindfulness, Acceptance and Commitment therapy, problem solving and Human Givens. You will also learn about other ways of reducing your stress levels and improving your mental wellbeing. This is a warm and supportive group that aims to help you use your heart as well as your head in finding your peace again.

Introduction Group

Day: Wednesday

Time: 12:15 – 13:45

Group Type: Open

This is held alternatively either Wednesday or Thursday each week to induct all new clients to the service.

MiB Recovery Group / WRAP

Day: Wednesday

Time: 14:00 – 16:30

Group Type: Closed

The Wellness Recovery Action Plan® or WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. WRAP focuses on helping people to find and develop their own strengths, develop a list of things to do every day to stay as well as possible, and identify upsetting events, early warning signs and signs that things have gotten much worse in order to prevent crisis.

Making Lemonade

Day: Wednesday

Time: 17:00 - 19:00

Group Type: Closed

Making lemonade is a group which exactly what it says on the tin; when life gives you lemons let's make lemonade.

Designed for adults who have suffered adversity within their lives and are now contemplating moving on with a positive future outlook. Within the group we will discuss topics such as anger management, CBT and coaching skills. The group is a closed six week group which aims to re-frame personal ideas around mental health.

No referral or formal diagnosis is needed. This group runs on a 6 week basis, so please get in touch to find out when the next intake is.

Hearing Voices Group

Day: Thursday

Time: 13:00 – 14:00

Group Type: Closed

The Mind in Bradford Hearing Voices Group is a supportive environment for people that experience hearing voices and are looking for better understanding and practical strategies for dealing with them. In each session, we look at the possible cause of the voices and explore the traumatic experiences that may have led to them; we also look at triggers, practical coping strategies, and ways that can support daily living for voice hearers. The aim of the Hearing Voices Group is to help voice hearers increase self-esteem, improve their relationships with their voices, feel less controlled by their pasts and the associated voices, and to build a supportive network of people that understand first-hand what they are going through.

Yoga - Mindful Movement

Day: Thursday

Time: 15:00 - 16:30

Group Type: Open

After much anticipation, we are very pleased to announce that Jess' extremely popular, and much loved Dru Yoga group has returned. Dru is a potent and graceful form of Yoga which incorporates directed breathing, visualisation and soft flowing movement. It works on the body, mind and spirit to rejuvenate your whole being. Dru Yoga can be used to increase core stability, increase feelings of positivity and relaxation, improve flexibility, decrease pain and

increase overall body strength, amongst other benefits. This group is perfect for adults of all abilities and fitness levels, who also experience mental ill health.

MixedZone

Day: Thursday

Time: 17:00 – 19:00

Group Type: Open

The Mind in Bradford MixedZone session is an opportunity for customers from across the Mind in Bradford package of services to socialise, share experiences, and participate in creative games and activities that bring the Mind in Bradford community together! Each session is an opportunity to meet new and familiar faces, to explore one's experiences, and increase confidence and self-esteem in a supportive environment.

Creative Writing

Day: Thursday

Time: 18:00 – 18:45

Group Type: Open

The Mind in Bradford Creative Writing group gives you an opportunity to better understand yourself, your world, and your mental health challenges through the power of language. During these creative writing sessions, clients are given the opportunity to express their truest thoughts and feelings and to share them in a relaxed, non-judgemental environment with their creative peers. Creative writing has been shown to help people start to process their past traumas, improve general mental well-being (with techniques such as journaling or focusing on an 'Attitude of Gratitude'), and also improve mood and general well-being.

Mindfulness Group

Day: Thursday

Time: 19:00 – 20:00

Group Type: Open

The Mindfulness Group is a safe place to express themselves, it can help you manage your wellbeing and mental health. You will also learn about other ways of positively changing the way you think and feel about your experiences, increase your ability to manage difficult situations, help you make wiser choices, reduce levels of anxiety, reduce levels of depression, reduce levels of stress and have greater self-compassion.

Introduction Group

Day: Thursday

Time: 19:00 – 20.30

Group Type: Open

This is held alternatively either Wednesday or Thursday each week to induct all new clients to the service.

WomenZone

Day: Friday

Time: 11:00 – 13:00

Group Type: Open

WomenZone is a peer support group for women who are suffering from poor mental health. The group offers a safe female-only space and has a relaxed atmosphere which offers a meditation session run voluntarily by Innerspace. The meditation session places emphasis on building confidence, self-love, and acceptance and has become very popular. Healthy food is often prepared and eaten together which is another main features of the group. WomenZone is a safe, judgment free, empowering group where women support women on their personal journey to recovery.

Knit & Natter Group

Day: Friday

Time: 13:00 - 14:00

Group Type: Open

The Knit and Natter group is an informal, safe and friendly environment for people to get together to learn a new skill. It is a relaxed, fun and non-intrusive way of meeting new people and gaining confidence in a social setting.

World of Mental Health Group

Day: Friday

Time: 15:00 – 17:00

Group Type: Open

The World of Mental Health is a big and fascinating place. There are many concepts, theories, perspectives and tools. Humans have explored our Earth, the deepest depths of the sea, and even our Solar System, yet there is still so much more to explore within mental health. This group is open to new participants. Each week it aims to help people understand themselves through informed choice. It is ideal for people who are committed to developing their self-awareness and knowledge of mental health. As well as being informative, there will be a practical element which could include group discussion, role play and homework.

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Visit our website for more information: www.mindinbradford.org.uk