

## MIB Well-being Session Overviews

### **Singing Group**

**Day: Monday**

**Time: 4-5pm**

**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 5.30-7pm**

**Group Type: Open**

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

### **Tribal Drumming**

**Day: Tuesday**

**Time: 4-5pm**

**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: 5-7pm**

**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.

## **Men's Mindfulness**

**Day: Tuesday**

**Time: 5.30-6.30pm**

**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.

## **Introduction Group**

**Day: Tuesday**

**Time: 7.15-8.45pm**

**Group Type: Closed**

This group is designed to induct new clients to Mind in Bradford services. It includes filling in our new client form, a walkthrough our services and goal setting. It is aimed at all people who wish to access our services. If anyone attending has any literacy problems or language barrier it is recommended that they bring someone to support, although staff will be on hand to assist. Please contact the office to book your place.

## **Arts and Craft**

**Day: Wednesday**

**Time: 12-2pm**

**Group Type: Open**

Come down to Mind in Bradford and take part in our Arts and Crafts sessions. Regardless of whether you are new to crafting or have been crafting for a lifetime, our arts and crafts sessions encourage people to get involved and get crafty!

## **Wellness Recovery Action Planning (WRAP)**

**Day: Wednesday**

**Time: 12.30-3pm**

**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.

## **Football**

**Day: Wednesday**

**Time: 4-6pm**

**Group Type: Open**

Football can have a major impact on mental health. It is thought to affect emotions, relationships, identity and self-esteem. If you are interested in improving your mental wellbeing by playing football please speak to a member of staff. It is a great opportunity to keep fit and have fun with likeminded people.

### **Making Lemonade**

**Day: Wednesday**                      **Time: 12.30-2.30pm**      **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 trauma and 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.

### **Recovery support Group**

**Day: Wednesday**                      **Time: 5.30-6.30pm**      **Group Type: Open**

This is a friendly, informal group for anyone who would like to explore their recovery. We believe in shifting away from a total focus on illness towards creating and maintaining well-being. Come along to explore: - Coping Strategies, Anxiety Management and Identifying Triggers and Early Warning Signs. A recovery approach provides everyone with an opportunity to take back control over their life

### **Hearing Voices Group**

**Day: Thursday**                      **Time: 1-2.30pm**              **Group Type: Open**

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.

### **Introduction Group**

**Day: Thursday**                      **Time: 2-3.15pm**              **Group Type: Closed**

This group is designed to induct new clients to Mind in Bradford services. It includes filling in our new client form, a walkthrough our services and goal setting. It is aimed at all people who wish to access our services. If anyone attending has any literacy problems or language barrier it is recommended that they bring someone to support, although staff will be on hand to assist. Please contact the office to book your place.

## **World of Mental Health**

**Day: Thursday**

**Time: 2.30-4pm**

**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.

## **MixedZone**

**Day: Thursday**

**Time: 5-7pm**

**Group Type: Open**

The Mind in Bradford MixedZone session is an opportunity for clients 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.

## **Movement**

**Day: Thursday**

**Time: 6-7pm**

**Group Type: Open**

Movement can greatly impact psychological well-being and can decrease pain. While it is obvious that your feelings can influence your movement, it is not as obvious that your movement can impact your feelings too. When you feel tired and sad, you may move more slowly. When you feel anxious, you may rush around. Recent studies show that the connection between your brain and your body is a "two-way street" and that means movement can change your brain, too!

## **Creative Writing**

**Day: Thursday**

**Time: 6-6.45pm**

**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: 7-8pm**

**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.

### **WomenZone**

**Day: Friday**

**Time: 11am-1pm**

**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. WomenZone is a safe, judgment free, empowering group where women support women on their personal journey to recovery. Healthy food is often prepared and eaten together which is another main feature of the group.

### **Women's Meditation**

**Day: Friday**

**Time: 11am – 12pm**

**Group Type: Open**

The meditation session places emphasis on building confidence, self-love, and acceptance and has become very popular.

### **Knit & Natter Group**

**Day: Friday**

**Time: 1-2pm**

**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.

### **Maastricht**

Please ask a member of the team to book you a place on the Maastricht waiting list.

### **Fortnightly film and food club – check Facebook for times/dates.**

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Visit our website for more information: [www.mindinbradford.org.uk](http://www.mindinbradford.org.uk)