



## Self Advocacy For Empowerment

# A NEW LOOK AT RECOVERY AND CONFIDENCE BUILDING

The sessions run in blocks of 6 weeks, 6 times per year on a rolling programme, with new sessions being introduced regularly. You can choose as many or as few sessions to suit you and your needs.

Courses are **FREE** and we are able to help towards travel costs. We also provide refreshments including tea, coffee, hot chocolate, cold drinks, a healthy snack and biscuits, all free of charge.

## WHAT IS THE AIM OF SAFE?

To build confidence in speaking up for yourself and representing your own wishes.

The SAFE programme helps you to develop your skills and confidence so that you feel more able to express your views and bring about changes that are important to you.

## AREAS COVERED

SAFE is available to residents of Flintshire and Conwy counties

## HOW DOES THE SAFE PROGRAMME WORK?

The programme is tailored to meet the needs of those taking part and some of the sessions are chosen by the participants themselves. We offer a wide range of courses which are open to anyone who has concerns about their mental health and some are open to professionals and carers. Assertiveness, anxiety, self-compassion, recognising your strengths, negotiation skills, calming your anger, emotional resilience and managing time and priorities are some of the topics we cover on the SAFE programme – all important elements in our everyday life.

SAFE is useful, interesting and **FUN!** You will come away from each session with lots of valuable hints and tips for improving your existing skills and feeling more positive in your recovery.

SAFE improves your confidence, communication and listening skills and helps you to be more assertive. Self-advocacy doesn't mean going it alone!

To find out more or book a place

Call: 01352 759332

Email:  
[safe@asnew.org.uk](mailto:safe@asnew.org.uk)

# PARTICIPANT COMMENTS

When I first started at SAFE I felt nervous and didn't know what to expect, I had not had good experiences with groups like this before, but it was different in SAFE, they make sure everyone is included.

SAFE sessions have brought me to a place where I can be assertive where as before I never was. It's lovely to be with like-minded people because everyone gets me and are there for me without judging. It's good to know I have a safe space where I can share things and know where I can access that support. Everything we learn is relevant and interesting.

The courses encourage engagement and interaction without pressuring people who find that difficult. These things are difficult to balance but Sarah does a great job. There are volunteers at the sessions so, if attendees are shy, there isn't too much pressure on them. The psychology content is easily accessible and helpful, and attendees are given helpful tools and prompting to help improve their wellbeing.

No one judges you in SAFE because everyone is going through something and we can all relate. I found it difficult to cope with many situations but now I sit back and think first. Even if I think about the negatives first, I think about how I can turn it around and find the positives.

Even the most pessimistic people can be turned. You are treated as an individual in group. Never forced to do anything you don't want to do – you can join in as and when you want to. It has changed my life. After 44 years and lots of counsellors and being told how to think – this group is the opposite. There is no time limit so you feel the help is there when you need it. If you can turn my negative thoughts, you can help anyone. I was the most pessimistic person ever, ever, ever, and I am so much better now.

My family say I am more assertive since joining SAFE and that SAFE has changed me for the better. I am healthier, happier, more relaxed, exercising more and taking better care of myself. It's a great place to be, its friendly, there is no pressure, you can have a laugh and you learn a lot. Since joining SAFE my confidence has grown so much that I applied for a job and I got it. I love my job and I can now do so much more than I would have before SAFE

**SAFE is non-judgemental and full of positivity. The best place to go to change your way of thinking, start your life and meet new people.**

ASNEW

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