

SAFE

Self-Advocacy for Empowerment

SKILLS FOR A STRONGER VOICE!

Develop your confidence to express your views. Bring about positive changes in your life. Know your rights and where to get help and support. Choose as many courses that you think are helpful to you. All sessions are designed to make a positive difference. The **SAFE** programme is available to service users, carers and anyone with mental health concerns.

Some courses are also open to staff and volunteers.

CONFIDENTIAL, INDEPENDENT AND FREE!

**ONE POSITIVE THOUGHT IN THE MORNING CAN CHANGE
YOUR WHOLE DAY!**

All sessions will be held online using Microsoft Teams. (Help will be provided over the telephone to get you set up). You will need a computer/laptop, or you can download the Microsoft Teams app on your iPad/tablet or mobile phone. Sessions will be held on Tuesdays at 11:15am, and Wednesdays at 1:15pm. You only attend one day per week.

All sessions run for approximately 1 hour with the choice to stay on at the end for some relaxation or breathing exercises.

The five ways to wellbeing.

The five ways to wellbeing are a great way to build your confidence. In this session you will learn about five of the most important ways to improve and maintain your mental health and wellbeing, from connecting with others, to getting out into nature.

Why not come along and find out what the five ways to wellbeing can do to help you!

2 week course (you either attend the **Two Tuesdays @ 11:15am-12:15pm** or the **Two Wednesdays @ 1:15pm-2:15pm**)

Tuesday 14th September & Tuesday 21st September or Wednesday 15th September & Wednesday 22nd September



Living on a budget.

Living on a budget isn't easy, especially if you are on a low income. This session is full of helpful tips for managing your money. Learn about apps available to download for free on your phone/tablet that will help you keep track of your income and out goings. Find out ways to save money for hobbies and money to go towards Christmas shopping or Birthdays. Also, helpful tips on making the most of the bits you buy and where is good to shop.

1 week course (you either attend the **Tuesday 11:15am-12:15pm** or the **Wednesday 1:15pm-2:15pm**)

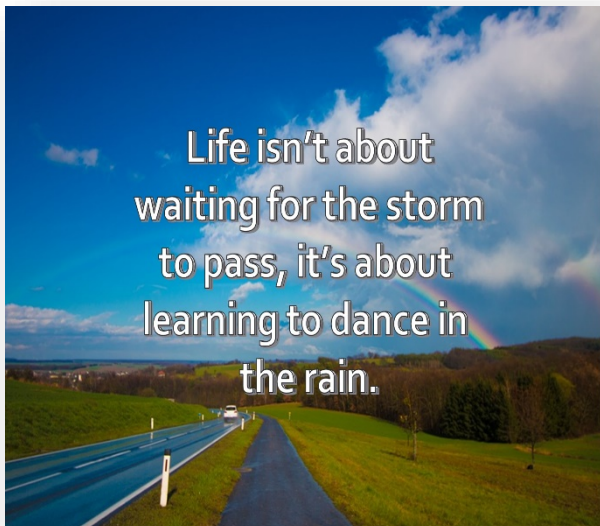
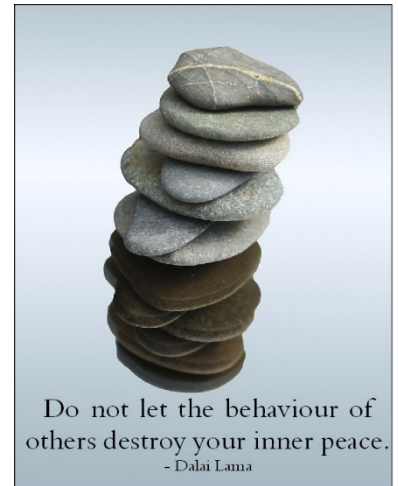
Tuesday 28th September or Wednesday 29th September

Building calm

A look at anger and how to better control it using SAFE techniques to calm the mind and considerably reduce the amount of anger you show in stressful situations, helping you to build calm into your life.

2 week course (you either attend the Two Tuesdays or the Two Wednesdays)

Tuesday 5th October & Tuesday 12th October or Wednesday 6th October & Wednesday 13th October



Come rain or shine

A session about dealing with stress and anxiety, what can we put in place and what tools can we use?

1 week course (you either attend the Tuesday or the Wednesday)

Tuesday 19th October or Wednesday 20th October

Three-week break

The compassionate me

Do you find you are harder on yourself than others? Are you self-critical about everything you do?

Self-compassion is simply giving the same kindness to ourselves that we would to others. This session will give you the tools to understand how this is possible.

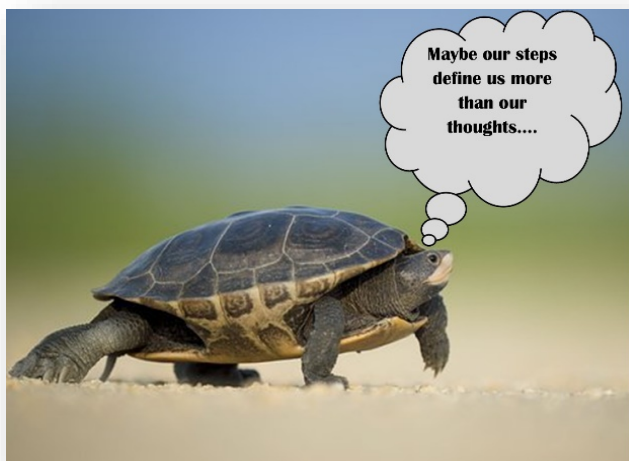
Remember it is important to be kind to yourself, and it is a good way to feel emotionally stable.

2 week course (you either attend the Two Tuesdays or the Two Wednesdays)

Tuesday 16th November & Tuesday 23rd November or Wednesday 17th November & Wednesday 24th November



You are not your thoughts



In this session we take a look at what thoughts are, how we process them and why they are often negative thoughts. We will also look at some helpful tools to control these thoughts to stop them running away with themselves.

2 week course (you either attend the Two Tuesdays or the Two Wednesdays)

Tuesday 30th November & Tuesday 7th December or Wednesday 1st December & Wednesday 8th December

Review

This review session will be a lovely way to reflect on our progress. Your thoughts, opinions and suggestions are invaluable to us. We will sit down together and look at what has worked, what we can improve and what sessions you think may benefit you in the future.



1 week course (you either attend the Tuesday or the Wednesday)

Tuesday 14th December or Wednesday 15th December



Christmas fun day

Our Christmas fun day gives you a chance to participate in some festive games. It is a very relaxed session full of quizzes and jokes. It is a great session to end the year with and one that you are sure to enjoy!

1 week course (you either attend the Tuesday or the Wednesday)

Wednesday 22nd December time to be arranged.