

How to find out more...

Contact Newport Mind **01633 258741** for more details of the Men's group.

Newport Mind is committed to providing a quality, customer based service which has strong consistent values, has high standards of service delivery, is run in a robust way in line with the needs of the community and adheres to Mind's Quality Management in Mind Standards. We are committed to achieving equal opportunities in the services we Provide



Where We Are

Newport Mind
2nd floor
100-101 Commercial St
Newport

NP20 1LU

Phone: **01633 258741**
www.newportmind.org
enquiries@newportmind.org



Men's Group

Our monthly Men's group offers men a chance to build friendships, develop communication skills and to learn about ways of improving their mental health and wellbeing.



Charity Registration No. 1036964.
Registered No. 2916027.
Registered in Wales. Limited by Guarantee.

About Us

Newport Mind is a mental health charity. We believe no one should have to face a mental health problem alone.

We're here for you. Today. Now. Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

We provide support to empower anyone experiencing a mental health problem. People who use our service are encouraged to be involved in planning and their feedback helps to develop the service.

Our men's group costs 50p to attend and includes a tea or coffee.

For more information about how we can support you please contact Newport Mind on **01633 258741**
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enquiries@newportmind.org

Men's Group

Our monthly men's group provides a safe place for men to meet together, to support each other, to build friendships, to develop communication skills and to learn about ways of improving their mental health and wellbeing based on The Five Ways to Wellbeing:-

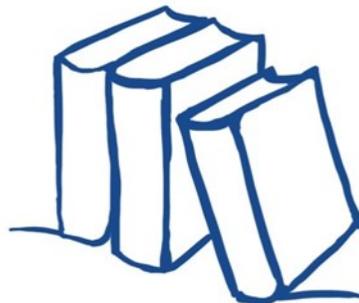
CONNECT with other group members.

BE ACTIVE to take action to improve your mental health and wellbeing and to take up opportunities outside the group.

TAKE NOTICE of the group and how it affects you and others.

KEEP LEARNING from the group, yourself and new ways to improve your wellbeing.

GIVE by joining a group, spending time with others and contributing.



Five Ways to Wellbeing

CONNECT

Connect with the people around you, with family, friends, colleagues, neighbours. At work, home, school or in your local community. Building these connections will support and enrich your life everyday.

BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy and suits your level of mobility and fitness.

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Whether walking to work, talking to friends, or eating lunch, be aware of the world around you, reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING

Try something new, rediscover an old interest. Sign up for a course, fix a bike, learn to play an instrument, or cook your favourite meal. Learning new things will make you more confident.

GIVE

Do something nice for a friend or a stranger, thank someone, smile, volunteer our time, join a group, look out as well as in. Being linked to the wider community can be rewarding and creates connections with the people around you.