

## Where and When...

Our positive memories group will meet for 2 hours every week on a Friday between 1pm-3pm at the Newport Mind Office.

## What to bring...

You will be required to bring an empty notebook to use as your Positive Memories Journal. Alternatively you can purchase one from us when you join. We also encourage you to bring any photographs or keepsakes that you would be happy to include photocopies of in your journal.

There will be a charge of 50p per session for refreshments.

## How to find out more...

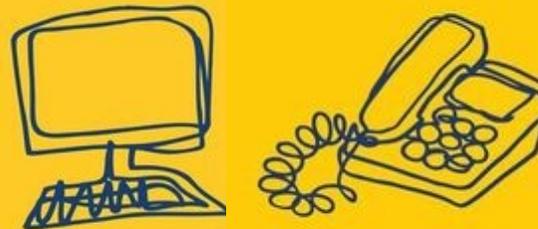
Contact Newport Mind for more details or to find out how to join.

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

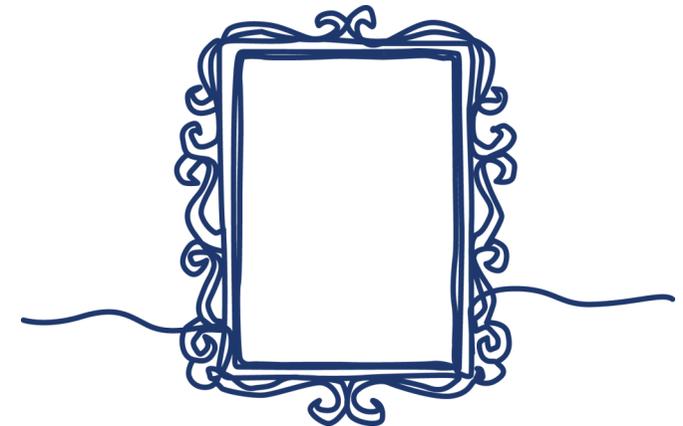


Contact Abbey Rowe  
Phone: 01633 258741  
Fax: 01633 257992  
Web: [www.newportmind.org](http://www.newportmind.org)  
Email: [admin@newportmind.org](mailto:admin@newportmind.org)



# Positive Memories Group

Improve your wellbeing by exploring positive memories, emotions and experiences.



2018

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.

For more information about how we can support you please contact Newport Mind



## Positive Memories Group

Research suggests that repeated activation of positive emotions can result in increased mental wellbeing, better physical health and a long-term resilience to negative emotions.

Participants will have the opportunity to share, celebrate and **TAKE NOTICE** of their positive life experiences while they **CONNECT** and build confidence with new people.

The sessions are designed to help people to **KEEP LEARNING** by introducing new positive memory and mindfulness techniques.

Participants will then be supported in developing a personalised Positive Memories Journal to keep as a physical reminder of the positivity in their lives. The communicative and creative processes involved will encourage people to **BE ACTIVE** in forming optimistic future memories.

## 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 you.

### 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.