|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Workshops** | **Day**  | **Time**  | **Who** | **Start Date**  | **Description**  | **Duration**  |
| Managing anger | Mon | 10:30 – 12:00 | Sal  | 20.01.25 | Exploring thoughts and feelings around anger and finding strategies that can help.  | 6 weeks |
| Bereavement  | Mon | 13:30 – 15:00 | Rhi | 27.01.25 | Understanding the many elements of bereavement and how they impact thoughts feelings and behaviour  | 6 weeks |
| Low mood and depression  | Fri | 13:30 – 15:00 | Rhi | 24.01.25 | Learning about depression and identifying ways of managing thoughts and feelings.. | 6 weeks |
| Anxiety and panic | Tue | 10:00 – 11:30 | Sal  | 21.01.25 | Recognising signs of anxiety and panic and their effect on physical and mental wellbeing.  | 6 weeks |
| Rolling recovery  | Wed | 13:30 – 15:00 |  Sal | 15.01.25 | Taking an aspect of mental health and examining its impact on everyday life and wellbeing. | 6 weeks |
| Recovery repair and share  | Thurs | 10:30 – 12:00 | Rhi | 16.01.25 | Mixing practical repairing and making with discussions around aspects of mental health | 6 weeks |
| Expressive art  | Fri | 10:30 – 12:00 | Rhi | 27.01.25 | Visual and written storytelling to rewrite the stories we tell ourselves about our capabilities | 6 weeks |
| Skills for living | Thur | 14:00 – 15:00 | Rhi  | 23.01.25 | Practical workshops on the mental and emotional skills helpful for a healthy life | 4 weeks |
| **Activity Group**  | **Day** |  | **Who** | **Description** |
| Walking Group  | Mon | 10:00 – 12:00 | Gem | Walking around Tredegar Park |
| Mind on the hill | Mon | 13:30 – 15:00 | Sal | Interest group covering a wide variety of topics |
| Relaxation  | Tue | 13:30 – 14:30 | Sal | Guided relaxation and mindfulness |
| Art Project heritage fund group | Tue | 13:30 – 14:30 | Gem | 1 hour Heritage funding ongoing |
| Art and craft group  | Wed  | 10:30 – 12:00 | Gem | Group where you can practice art and crafts either bring your own or join in with the group |
| Choir | Wed | 10:00 – 12:00 | Laura | An opportunity for you to start singing with a group of people and qualified music teacher |
| Women’s group | Wed | 13:30 – 15:00 | Gem | Women talking about lots of topics and peer support from the group |
| Allotment  | Thurs | 10:00 – 12:00 | Sal | Getting outdoors in nature growing produce you can take home, great for mental and physical wellbeing |
| Mens group  | Thurs | 13:30 15:00 | Gem | Men getting together talking about what matters to them and peer support from the group |
| Warm space  | Fri | 10:30 – 12:30 | Sal | A warm space to come during the winter/ spring for a cuppa, fruit, soup and a roll and some company ongoing until March 2025 |