Where and When....

Women's groups meet at our office :
Mon and Fri morning - talking and peer support.
Tues and Weds afternoon - structured sessions.

This is an inducted service.

How to join the group....

The Women's group is for people with mental health issues who are looking to improve their mental wellbeing and develop their support networks.

How to find out more...

Contact Newport Mind for more details of the Women'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
Fax: 01633 257992
Web: www.newport-mind.org
Email: admin@newport-mind.org

mind for better mental health
o blaid gwell iechyd meddwl | Newport Casnewydd

Women's Groups

A relaxing group for people to learn new skills and develop support networks in a safe environment.

June 2013

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

mind for better mental health o blaid gwell iechyd meddwl | Newport Casnewydd

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

Women's Group

Provides a safe environment for women to meet together to support each other and opportunities to BE ACTIVE to develop new skills and coping strategies, and to engage with the local community.

The groups are focused on wellbeing and recovery, they raise awareness about mental health. The groups seek to engage with the environment and encourage people to TAKE NOTICE.

The group provides a chance to meet others with similar problems, to make friends and take up opportunities outside the group. It helps people to CONNECT which is one of the five ways to wellbeing, it also helps people to GIVE by joining a group, spending time with others and contributing to fundraising opportunities.

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.