



Community Inclusion Programme CIC

NAME OF PROJECT	OVERVIEW	SUITABLE FOR	COST	CONTACT DETAILS
WOMEN ONLY COMMUNITY YOGA Monday 2-3pm	A class to support you if you are experiencing mental health challenges, housing issues, pain or disability, domestic abuse, caring roles, any barriers to attending a generic mixed class. (available ONLINE)	female adults over 18	By donation	Emma 07825 269256 yogastepswithemma@gmail.com
BEREAVEMENT 6 weeks GROUP (BAY GP CLUSTER) Tuesday 10.45-12	Our bereavement group is open for anyone who has lost a loved one to come together to share your experience, receive warmth and guidance in a safe and supportive environment. (For patients registered with a GP practice in the Bay GP Cluster)	adults over 18	Free	Helen 07720 054404 helen.lewiswithcounselling@gmail.com centre@wellbeingswansea.co.uk
WOMEN ONLY FINDING YOUR INNATE RESILIENCE (BAY) Thursday 11-12.30 (Starting 23 rd January 2025)	This 6-week women only course is for anyone feeling held back by anxiety, stress, depression and overthinking. Rediscover the peace, wisdom and wellbeing that is already within you. (For patients registered with a GP practice in the Bay GP Cluster)	adults over 18	Free	Alex 07972 246204 centre@wellbeingswansea.co.uk https://forms.gle/pioG9pdn1Apj4EWT7
FINDING YOUR INNATE RESILIENCE Monday 11-12.30 (from 13 th January 2025)	This 6-week course is for anyone feeling held back by anxiety, stress, depression and overthinking. Rediscover the peace, wisdom and wellbeing that is already within you. Open to all in Swansea and Neath Port Talbot.	adults over 18	Free	Alex centre@wellbeingswansea.co.uk 07972 246204
COMMUNITY YOGA Tuesday 12-1pm	Community Yoga Class for vulnerable people experiencing mental health issues or dealing with social barriers and housing issues. 1 hour of restorative and supportive yogic movement to replenish and restore wellbeing.	adults and young people over 16	Free Support workers welcome	Emma 07825 269256 yogastepswithemma@gmail.com
WOMEN'S OUTDOOR WALKING GROUP Tuesdays 10.30am	A relaxed Women's walk and talk outdoor mental health support group. To support Women facing challenges of isolation, anxiety, low mood, job loss and bereavement. Facilitated by qualified counsellor and also trained walk group leader.	female adults over 18	Free / by donation	Anthea 07912 611852 Wellbeinganthea@gmail.com
ART & CRAFT SESSIONS Monday 11.30-1	Arts and crafts sessions. Drop in. Come and join this fun and friendly workshop, you don't need to have any skills or experience but you will still produce something which you will love to treasure or give as a gift.	open to all	Donation	centre@wellbeingswansea.co.uk 01792 732071
CREATIVE WRITING Monday (monthly) 3.45-5.10pm	Lively, friendly group in which to develop your voice as a writer and your writing skills.	adults over 18	Bursary places available	Jan jan@ourstoriesourgold.co.uk
MEN'S OUTDOOR WALKING AND ACTIVITY GROUP Thursday 12pm	Walk leader and wellbeing mentor led group.	male adults over 18	Free / by donation	Phil centre@wellbeingswansea.co.uk
MEN'S SHED MENTAL HEALTH SUPPORT GROUP Friday 11.45am-1.15pm	Friday morning men's group offers a consistent open space for men of any age and background.	male adults over 18, support workers also welcome	Free / by donation	Dave & Phil centre@wellbeingswansea.co.uk
COMMUNITY TAI CHI FOR MEN Friday 1.45-2.45pm	Beginning with relaxing our body and mind we can see how to reduce levels of anxiety and be set free from our struggles in the here and now.	male adults over 18, male support workers also welcome	By donation	Mike mcbuckley@gmail.com 07931 986168
NEURODIVERSITY SUPPORT GROUP Wednesday 5.30-6.45pm (twice a month)	Connect with others who think differently and explore ways to confidently express your neurodivergent mind. Weekly drop in group.	adults over 18	Free/by donation	Holly Holly@UniquelyMinded.com 07779005540
LEGAL CLINIC (monthly)	We offer free 30-minute initial consultations and legal aid assessments. Issues including Divorce, Child Arrangements, Protective Orders, Social services, Care proceedings and PLO attendance.	adults over 18	Free	Nicola n.rose@gomerwilliams.co.uk 01554 755101
WEEKLY MEDITATION Sundays 7.15-8.15pm	These weekly classes offer you the support, guidance and insights that you are looking for to help you to make changes and experience your life in a more fulfilling way. Finding a space deep within you which already feels calm, contented, and alive is the nature of connecting back to yourself. Meditation is a great way of making this happen.	adults over 18	£5, £3 donation	Mike 07931 986168 mindcoach@post.com
PLATFORM Wednesday 11.30-1.30 (twice a month)	Platform Pathways to Work offer mental health and wellbeing support to help more people get back into work so let us support you in your wellbeing journey.	young adults	Free	pathwaysswansea@platform.org
LIFE AFTER TRAUMA Monday 1-2.30pm (starting 13 th January)	A 6 weeks group offering a mixture of acceptance and change coping strategies. These include Mindfulness, Controlling Emotions, Managing Distress, and Assertiveness Skills.	over 18	Five supported places	Dave & Beth centre@wellbeingswansea.co.uk
REDKITE SOLICITORS - FAMILY LAW Friday 12-2pm (3 rd Friday of the month)	Drop in coffee afternoon at the Swansea Wellbeing centre where you can discuss any family law issues and connect with others in similar situations. It's a great opportunity to find support and share experiences over a cup of coffee.	over 18	Free	Paula 01792 952971 paula.tanner@redkitelaw.co.uk
YOUR SPACE: LGBTQ+ SUPPORT GROUP Friday 7.30-9pm (3 rd Friday of the month)	Join a supportive and inclusive LGBTQ+ group where you can connect with others in a safe and welcoming environment. This group offers a space to share experiences, explore challenges, and build community among those who understand the unique aspects of LGBTQ+ life.	over 18	£5 donation	Alistair 01792 732071 (centre) Alistair@diversemind.co.uk
LIVING WITH MORE EASE Mondays 11-12.30 (starting 4 th November)	This 6-week course is for anyone feeling held back by anxiety, stress, depression and overthinking. Rediscover the peace, wisdom and wellbeing that is already within you. (For patients registered with a GP practice in the Bay GP Cluster)	over 18	Free	Alex centre@wellbeingswansea.co.uk 07972 246204
SENSORY (NEURODIVERSITY) WELLBEING COURSE Thursday 7-8.30pm (starting 7 th Nov - 5 th Dec)	Based on the principles of sensory integration therapy the course will support when struggling with depression, anxiety and overwhelm to help calm and regulate the nervous system, using different sensory strategies. (For patients registered with a GP practice in the Bay GP Cluster)	over 18	Free	centre@wellbeingswansea.co.uk
LIVING WELL WITH LONG-TERM HEALTH CONDITIONS Mondays 5:15-6:15	For people with various health conditions, including persistent pain, seeking support to explore strategies to adapt and live well.	over 18	Donation	https://dialdownyourpain.co.uk/offerings/health-support-group/ Beth 07747 880731 info@beth-cox.com