

Community Inclusion Programme CIC



NAME OF PROJECT	OVERVIEW	CONTACT DETAILS
WOMEN ONLY COMMUNITY YOGA Mondays 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.	Emma 07825 269256 yogastepswithemma@gmail.com
COMMUNITY YOGA Tuesdays 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.	Emma 07825 269256 yogastepswithemma@gmail.com
WOMEN'S OUTDOOR WALKING GROUP Mondays 11am-12.15pm	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. Funded by Regional Partnership Board.	centre@wellbeingswansea.co.uk 07828150309
WELLBEING BOOK CLUB Wednesdays 5.30-6.30 pm (monthly)	Nourishment for the mind, one page at a time. Join us for our monthly Wellbeing Book Club, a friendly space to relax, connect, and explore new ideas through books. Donations welcome.	centre@wellbeingswansea.co.uk
FINDING YOUR INNATE RESILIENCE Mon 11-12.30 (starts 28 th Sep) Thu 11-12.30 (starts 28 th Jan) NPT Tue 10.30-12 (starts 9 th Jun) TBC	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. Funded by Regional Partnership Board	Alex centre@wellbeingswansea.co.uk 07972 246204
MEN'S OUTDOOR WALKING AND ACTIVITY GROUP Thursdays 12pm	Walk leader and wellbeing mentor led group.	Phil centre@wellbeingswansea.co.uk
MEN'S SHED MENTAL HEALTH SUPPORT GROUP Fridays 11.45am-1.15pm	Friday morning men's group offers a consistent open space for men of any age and background. Funded by Regional Partnership Board.	Dave & Phil centre@wellbeingswansea.co.uk
COMMUNITY TAI CHI FOR MEN Fridays 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.	Mike 07931 986168 mcmbuckley@gmail.com centre@wellbeingswansea.co.uk
NEURODIVERSITY SUPPORT GROUP Wednesdays 5.30-6.45pm (fortnightly)	Connect with others who think differently and explore ways to confidently express your neurodivergent mind. Weekly drop in group.	centre@wellbeingswansea.co.uk
YOUR SPACE: LGBTQ+ SUPPORT GROUP Thursdays 8-9.30pm (3 rd Thursday 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.	Alistair 01792 732071 (centre) Alistair@diversemind.co.uk
CREATIVE CLAY DROP IN Wednesdays 12-2	A friendly, informal clay drop in open to all abilities. Spend time creating, experimenting, and connecting with others in a welcoming space.	centre@wellbeingswansea.co.uk
LIVING WELL WITH LONG-TERM HEALTH CONDITIONS Mondays 2.15-3.15pm	For people with various health conditions, including persistent pain, seeking support to explore strategies to adapt and live well.	https://dialdownyourpain.co.uk/offering/s/health-support-group/ Beth 07747 880731 info@beth-cox.com
CJCH Solicitors LEGAL CLINIC First Tuesday of the month 10am-12pm	CJCH Solicitors offers free legal clinics first Tuesday of the month. A modern UK firm providing expert private, business, family, mental health, and legal aid services.	01792 004736 admin@cjch.co.uk
LIFE AFTER TRAUMA (City) Thursdays 12:45–2pm starts 4th June (Bay) Mondays 12:45–2pm starts 1st June	Learn strategies to stabilise symptoms of trauma. A 6-week group offering a mixture of acceptance and change coping strategies. These include Mindfulness, Controlling Emotions, Managing Distress, and Assertiveness Skills. Free for all over 18s registered with a CITY/BAY cluster GP practice.	centre@wellbeingswansea.co.uk
BEREAVEMENT GROUP (BAY) Tuesdays 10:30–11:45am – from 9 Jun 2026	Our bereavement group (6 week course) 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. Free for all over 18 registered with a Bay cluster GP practice.	centre@wellbeingswansea.co.uk
FINDING YOUR INNATE RESILIENCE - WOMEN ONLY (Bay) Thursdays 11am–12:30pm – from 11 Jun (City) Mondays 11:00am–12:30pm – from 15 Jun	Rediscover the peace, wisdom and wellbeing that is already within you! This 6-week women only course is for anyone feeling held back by anxiety, stress, depression and overthinking. Free for all over 18 registered with a CITY/BAY cluster GP practice.	centre@wellbeingswansea.co.uk or text Alex 07972 246204
Breathwork for Anxiety (Bay) Tuesdays 12–1pm – starts 7–28 Jul (City) Tuesdays 1.30–2.30pm – starts 7–28 Jul	This 4-week course is designed to help you manage anxiety, soothe an overactive nervous system, and help you feel more grounded in daily life. You'll learn simple, evidence-based, effective breath techniques to ease anxious thoughts, calm the body, and build emotional resilience. Free for all over 18 registered with City/Bay cluster GP practice.	centre@wellbeingswansea.co.uk pobrenwellbeing@gmail.com
EARLY YEARS WELLBEING SUPPORT (Bay) Wednesdays 11:00am – term time only	A welcoming space for caregivers to relax, recharge and connect. Enjoy gentle yoga for you and your baby, designed to support: Relaxation & Stress Relief, Emotional Wellbeing, Bonding with your baby. Free for all registered with Bay cluster GP practice.	Emma 07825 269256 yogastepswithemma@gmail.com centre@wellbeingswansea.co.uk
BEYOND BLUE (City) Tuesdays 1.15-2.45pm, starting June 9th	5 week course - Learn new ways to move beyond and transform stress, anxiety and low mood. A safe supportive space for learning practical tools to build confidence, reduce stress and improve your wellbeing alongside peer support. Free for all over 18 registered with City cluster GP practice.	centre@wellbeingswansea.co.uk
FAMILY WELLBEING WORKSHOPS (Bay) Sat 13th June • 10:45am (children 7+ years) Mon 20th July • 10:45am (children 3-6 years) Sat 26th Sept • 10:30am (children 7+ years)	A joyful space for families with children aged 3-6 years and 7 and above to move, breathe, and grow confidence and emotional wellbeing through creative movement and shared calm. Free for all registered with Bay cluster GP practice.	Contact Emma 07825 269256 yogastepswithemma@gmail.com centre@wellbeingswansea.co.uk
RE-THINK PAIN (City & Bay) <i>4 week course starting:</i> Thursday 11am-12pm, 17th Sept 2026 Monday 12.45-1.45pm, 8th March 2027	Unlocking effective ways to live with pain. Learn strategies to manage chronic pain. Pain explained in new ways, share experiences with other people, pick up tips to help you manage your pain. Free for all over 18 registered with City/Bay cluster GP practice.	centre@wellbeingswansea.co.uk 07747 880731 ~ Beth
RIDING THE ADHD WAVES workshop (City) Saturday 11th July 11am-12.30pm	ADHD/ADD Managing Overwhelm Workshop by Carolina Herbert. Understanding why ADHD/ADD brains experience overwhelm. Free for all over 18s registered with a City cluster GP practice.	centre@wellbeingswansea.co.uk 07828 150309 (text only)
STRONGER TOGETHER 50+ (Bay) Wednesday 11am-12pm 17th June - 22nd July (6 week course)	Join us for Stronger Together sessions designed specifically for over 50s. Improve your strength, posture, balance, and flexibility in a supportive environment. Free for all over 50s registered with a Bay cluster GP practice.	thelonggamestrength@outlook.com centre@wellbeingswansea.co.uk
STRONG MIND STRONG BODY (City) Thursday 12.45-1.45pm starts 18th June Wednesday 11am-12pm starts 30th Sep	Join the 5 week course. Build resilience, strength & inner calm. No experience needed. Come as you are and leave feeling stronger, calmer, and more connected to your body and mind. Free for all over 18 registered with City cluster GP practice.	centre@wellbeingswansea.co.uk 07828 150309 (text only)
STRONG MIND STRONG BODY FOR YOUNG ADULTS UNDER 30 (Bay) THURSDAYS 12.45 - 1.45pm starts 23rd July	Strong Mind Strong Body for Young Adults Under 30 (5 week course). A friendly group to meet new people and just be yourself, build resilience, strength & inner calm. Free for all over 18s registered with a BAY cluster GP practice.	centre@wellbeingswansea.co.uk 07828 150309 (text only)
NERVOUS SYSTEM RESET (Bay) Monday 7th September 11am-12pm (City) Monday 12th October 11am-12pm	4 week course - A gentle guided movement, breathing techniques, and relaxation to support nervous system regulation. Free for all over 18s registered with a BAY/CITY cluster GP practice.	centre@wellbeingswansea.co.uk 07828 150309 (text only)