



# Community Inclusion Programme CIC

NAME OF PROJECT	OVERVIEW	SUITABLE FOR	COST	CONTACT DETAILS
<b>WOMEN ONLY COMMUNITY YOGA</b> 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 <a href="mailto:yogastepswithemma@gmail.com">yogastepswithemma@gmail.com</a>
<b>BAY BEREAVEMENT GROUP 6-w</b> Thursday 11-12 (Starting 29 <sup>th</sup> Jan)	Our bereavement 6 weeks 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. <b>For patients registered with the BAY Cluster GP practice.</b>	adults over 18	Free	<a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>COMMUNITY YOGA</b> 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 <a href="mailto:yogastepswithemma@gmail.com">yogastepswithemma@gmail.com</a>
<b>WOMEN'S OUTDOOR WALKING GROUP</b> Monday 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.	female adults over 18	Free / by donation	<a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a> 07828150309
<b>WELLBEING BOOK CLUB</b> 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.	adults over 18	Free / by donation	<a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>CREATIVE WRITING</b> Monday (monthly) 3-4.15pm	Lively, friendly group in which to develop your voice as a writer and your writing skills.	adults over 18	Bursary places available	Jan <a href="mailto:jan@ourstoriesourgold.co.uk">jan@ourstoriesourgold.co.uk</a>
<b>MEN'S OUTDOOR WALKING AND ACTIVITY GROUP</b> Thursday 12pm	Walk leader and wellbeing mentor led group.	male adults over 18	Free / by donation	Phil <a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>MEN'S SHED MENTAL HEALTH SUPPORT GROUP</b> 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 <a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>COMMUNITY TAI CHI FOR MEN</b> 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 <a href="mailto:mcbuckley@gmail.com">mcbuckley@gmail.com</a> 07931 986168
<b>NEURODIVERSITY SUPPORT GROUP</b> Wednesday 5.30-6.45pm (fortnightly)	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	<a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>YOUR SPACE: LGBTQ+ SUPPORT GROUP</b> Thursday 8-9.30pm (3 <sup>rd</sup> 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.	over 18	£5 donation	Alistair 01792 732071 (centre) <a href="mailto:Alistair@diversemind.co.uk">Alistair@diversemind.co.uk</a>
<b>CREATIVE CLAY DROP IN</b> Wednesdays 12-2 (starting 4 <sup>th</sup> March)	A friendly, informal clay drop in open to all abilities. Spend time creating, experimenting, and connecting with others in a welcoming space.	over 18	Donation	<a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>LIVING WELL WITH LONG-TERM HEALTH CONDITIONS</b> Mondays 2.15-3.15pm	For people with various health conditions, including persistent pain, seeking support to explore strategies to adapt and live well.	over 18	Donation	<a href="https://dialdownyourpain.co.uk/offering/health-support-group/">https://dialdownyourpain.co.uk/offering/health-support-group/</a> Beth 07747 880731 <a href="mailto:info@beth-cox.com">info@beth-cox.com</a>
<b>PAIN SUPPORT GROUP (CITY) 4 weeks</b> Thursday 11-12 (starting 12 <sup>th</sup> March)	Unlocking effective ways to live with pain. Learn strategies to manage chronic pain. Meet other people living with long-term pain and pick up tips on how to manage pain physically, emotionally and mentally. <b>For patients registered with a GP practice in the City GP Cluster</b>	over 18	Free	Beth 07747 880731 <a href="mailto:info@beth-cox.com">info@beth-cox.com</a>
<b>BEYOND BLUE (CITY) 5 weeks</b> Tuesday 11-12 Starting 10 <sup>th</sup> February	Learn new ways to move beyond and transform stress, anxiety and low mood. Warm supportive friendly group. Explore new skills that will help you create lasting change. <b>For patients registered with a GP practice in the City GP Cluster</b>	over 18	Free	Contact Anthea on 07912 611852 or <a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>
<b>BREATHWORK FOR ANXIETY (4 weeks)</b> CITY Tue 1.30-2.30, starts 10 <sup>th</sup> Feb	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. Each week you'll learn simple, evidence-based, effective breath techniques to ease anxious thoughts, calm the body, and build emotional resilience. <b>For patients registered with a GP practice in the City GP Cluster.</b>	over 18	Free	<a href="mailto:centre@wellbeingswansea.co.uk">centre@wellbeingswansea.co.uk</a>