

Where and When....

Our relaxation class will meet every week on a Tuesday between 1-2 and 5pm-6pm at the Newport Mind Office.

How to find out more...

Contact Newport Mind for more details on to find out how to sign up.

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.



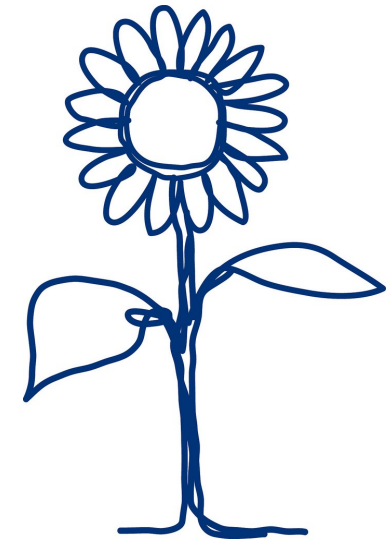
Where We Are

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Relaxation Class



2017

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

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



Relaxation Class

Newport Mind Activity Groups are underpinned by the *Five Ways to Well Being* and the *Recovery* process.

Experience and learn relaxation technique's to help you to increase calm, reduce stress and improve sleep.

Our relaxation class is an opportunity for you to let go of tension and worries in order to enjoy mental and physical relaxation

No experience is needed. You can dress however you want and sit however you feel comfortable

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 you.

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.