

## Where and When....

The Writing Course is a 2 hour weekly session and runs frequently at our offices in Commercial street

This course is run by Newport Mind and is for people looking to develop their writing, learn new skills and improve their mental wellbeing

### How to find out more...

Contact Newport Mind for more details of the writing group and how to enrol on a 10 week course.

There is a 50p charge to attend courses which contributes towards refreshments and materials.

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

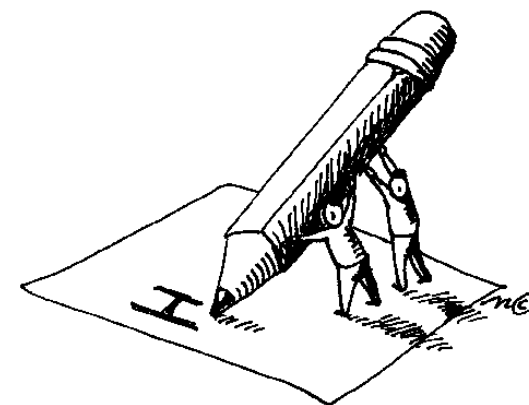


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# Writing for wellbeing

A 10 week course for people to help improve their mental wellbeing



2017

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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



## Writing Course

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

The sessions help people to **KEEP LEARNING** as it introduces new skills, through all aspects of creative writing. You will learn how to create compelling characters, engaging storylines and tantalising plots.

The creative processes allows people to **TAKE NOTICE** and raise their level of perception. The writing sessions also help people to **CONNECT** with others and build confidence.

Through the progression of the course participants are invited to **GIVE** by contributing to regular informal readings and publications that help to raise awareness and funds for Newport Mind.

## 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.