



Opening Times

Tuesday – 10:00 – 4:30pm

Wednesday – 10:00 – 3:00pm

Thursday – 10.00 – 4.30pm

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What Do We Do?

The **Well Being Centre** is a one stop shop for anyone wanting to access a **variety** of health and well being services.

The Well Being Centre is run by a **core team** of staff and is supported by a team of **volunteers**, all ready to welcome you and help you find what you're looking for.

Services Include

- Information and signposting on local services
- Computerised cognitive behavioural therapy
- Complementary Therapies
- Self help groups
- Music, art and dance workshops
- Free Internet Access
- Drop-in sessions
- Personal Development activities
- Volunteering opportunities
- Much, much more!

News

Basic Skills

Basic English Classes starting on Tuesday September 7th 10am – 12 noon. Beginners welcome.

World Mental Health Day

Open Day at the Well Being Centre on the 10th October from 12.00pm – 3.00pm. Workshops, information, refreshments. Everyone welcome.

The Writers' Cafe

An informal meeting space for writers to meet and share their writing. Come along on Tuesday 7th September from 2.30 pm – 4.00pm. Everyone welcome.

Welfare Rights Drop-in

A chance to find out important information about benefit entitlements: Friday, September 10th from 11am - 1pm



ARTS & CRAFTS

Monday 20th September

Card-Making Workshop 3pm - 4pm
Make your own special Card with Susan Wheeldon. £2 towards materials. No need to book, just turn up at 3pm on the 20th or e-mail susan.wheeldon@ntlworld.com.

Every Tuesday

Crafty Needles Club 11am - 12.30pm
Organised by the Well Being Centre volunteers interested in knitting, needlework, crochet, tapestry, rug-making etc. £1 towards tea/coffee & biscuits.

Tuesday 7th September

The Writers' Cafe 2.30pm – 4.00pm
An informal meeting space for writers to meet and share their writing. Refreshments provided.



MUSIC & DANCE

Every Tuesday & Friday

Tropical Dance 1pm - 2pm
Drop in for an easy-to-follow session of fun, sensual and flowy tropical dance in a small friendly group. £4 (£2 concessions).

Every Wednesday and Thursday

Singing for Fun 1pm - 2pm
An informal and friendly singing group, everyone welcome. £2 (50p unwaged).



SELF-DEVELOPMENT

Monday 6th and 20th September

Wellbeing & Anger Support Project 7.30pm - 9pm
Is anger ruining your life? Join our new project, on the 1st and 3rd Monday each month. Come along on the night or contact Margaret on 07890 909547, or email wasp@e-motions.org.uk

Every Tuesday

IAPT – Improving Access to Psychological Therapies 1pm - 4pm
Face to face Cognitive Behavioural Therapy for individuals with mild to moderate anxiety or depression. Call 0161 480 2020 to make an appointment.

16th and 17th October

Unleash Your Writing Power
A writing workshop that helps you build confidence and fluency in an atmosphere of fun and discovery. For more details contact Judi on: 01625 439000

HEALTH & WELLBEING

Monday 13th September

STUFF (Stockport User Friendly Forum)
7pm - 9pm

Join us to find out about what's happening in Stockport around Mental Health and Wellbeing in a relaxed and welcoming environment. The forum is open to anyone who has experienced or is experiencing mental distress. Free buffet.

Every Wednesday

Stop Smoking Drop-in Session

1pm - 3pm & 6pm - 7.30pm

Drop-in for support, advice & information on giving up smoking. Contact Stop Smoking Service on 0161 426 5085.

Every Wednesday

Stockport Dual Diagnosis Group

7.30pm - 9pm

The group is run by and for Service Users who have both mental health and a drug or alcohol problem. We offer support through discussion, group work and talks from various Health Professionals. For more details contact Cath on 07798735740 or Dianne on 07742387 435.

Every Wednesday

Stockport Health Trainers

12 noon - 3pm

Health Trainers offer support to help people to make positive health changes. Drop-in every Wednesday.

Every Thursday

Computerised Cognitive Behavioral Therapy (cCBT) 2pm - 7pm

Project run by Self-Help Services, for people suffering with depression/anxiety, for enquiries contact 0161 232 7854 or email ccbt@selfhelpservices.org.uk.

Thursday 30th September

Fibromyalgia Support Group

7pm - 8.30pm

Support group run by and for people with fibromyalgia. Safe space to talk and share. Contact Cindy at the WBC on 0161 474 7713 or at cindywbc@live.co.uk

Every Friday

Hands on Healing 1pm - 4pm

Book in advance for a 45 minute treatment with experienced therapist Pat Brookes (minimum donation £5 - £10). Tel: 474 7713 to make an appointment.

Every Friday

Keep it off for good

Fed up with slimming clubs but want to lose weight? Telephone 0161 4265090 to find out the dates for our next course at the Well Being Centre.

CARERS

Every Monday

Learning for Living Award 1pm - 3pm

If you are a Carer, you can gain this accredited qualification, *The Certificate in Personal Development and Learning for Unpaid Carers*. For more information or to enrol, contact Gill or Marian at Cheadle & Marple College on 0161 484 6711.

Monday 27th September

Carers' Drop-in with Carers Break Service 10am - 1pm

Contact Julie Pinchin at Signpost for Carers, on 0161 483 6600.

Tuesday 21st September

Making Space Carer Group 6pm - 8pm

The group is open to any carer who cares for someone with a mental health problem. We have a guest speaker in attendance most months. There is always a Making Space Carer Support Worker in attendance to welcome you to the group.

Every Saturday

Al-Anon meeting 7.30pm - 9pm

Support group for people affected by someone else's drinking, based on the 12 Step model of recovery. For more information about the group, call 07749 706093, or just join on the night.

YOUNG PEOPLE

Every Friday

EaICO Young People's Group Stockport

Group for young people aged 5 – 18 years. Developing self-esteem, encouraging cross-cultural friendships and making integration within diversity simple. Activities include drama, outings, homework support, community choir, cultural workshops. Further information from Cheryl on 07779964600 or eaico@ymail.com. Group run by the Ebony and Ivory Community Organization.

INFORMATION & ADVICE

Friday 10th September

Welfare Rights Drop-in 11am - 1pm

If you have any questions about benefits, drop in for independent and confidential advice. Advice can be given on any social security benefits – including Incapacity Benefit, Disability Living Allowance, Employment and Support Allowance, Tax Credits and Housing Benefit – to name just a few.

Friday 24th September

FLAG at Tea at 2.00 2.00pm – 3.00pm

Information about adult health and social care in Stockport.

WORK & EDUCATION

Internet Access

Internet access is free at the Well Being Centre, and is available during our opening hours – you can learn new things, socialise online, search for jobs and courses!

Friday 3rd September

Employment and Skills Advisers

10am - 12 noon

Drop-in to see the Employment Support Advisers to find out about training and employment.

Tuesday 21st September

Breakthrough Advocacy Drop-in

12.45pm - 2.30pm

Employment support for disabled people, for enquiries contact Elaine or Saima on 0161 273 5412.

Thursday 30th September

Stockport College Drop-in 2pm - 4pm

Thinking of going to college? Is it difficult to take the first step? Drop in to see Sue.



SOCIAL and FUN

Every Tuesday

Coffee Morning 11am - 1pm

Come and chat, keep your mind active, join in activities such as Crafty Needles, chess, scrabble, cards. £1 contribution towards refreshments.

Every Wednesday

'Rendezvous' 10am - 12pm

Drop-in organised by Stockport Mind for anyone feeling lonely, stressed, isolated, fed up or bored. Anyone is welcome for a chat & a cuppa! For more info, call Stockport Mind on 0161 480 7393, or just turn up!

Tuesday, 21st September

Stockport Libraries

Stockport Libraries will be visiting the Coffee Morning between 11.00am – 1.00pm. It's easy and free to join the library and no proof is needed. There will be a selection of books that you can borrow and a member of library staff will be on hand to let you know all the services available to you.

Every Friday

Tea @ 2 2pm - 3.30pm

Come to chat, play games, make friends, as well as sample a selection of different teas. £1 towards drinks & biscuits.