

Being Well Service Timetable

Being Well Service

Our Being Well service is specially designed to support adults, at home via an online platform.

The service is open to all Birmingham residents, over 18, currently only accessing primary care services.



See our latest timetable on our website

To register for your **FREE** place on any course, simply email

beingwellservice@birminghammind.org
and leave your contact details
or

call our Helpline on **0121 262 3555**



Registered Charity No. 1003906 Company Limited by Guarantee No. 2024372

Being Well Service Timetable

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| Course name | Anxiety Management - 4-week course via ZOOM |
| Description | <ul style="list-style-type: none"> • An introduction to anxiety and what anxiety means to you. • How our thoughts can worsen our anxiety levels and how to transform unhelpful thinking patterns. • Why anxiety takes over, how to break the vicious cycle of anxiety, and manage your anxiety levels. • Reflection, Discussion and creating a personal action plan to help you to manage your anxiety and keep well in the future. |
| Day/Time | Thursday's, Friday's, Saturdays/various times (see below) |
| Dates | <p>Thursday 6-8pm:</p> <ul style="list-style-type: none"> • 9-Sep-21 16-Sep-21 23-Sep-21 30-Sep-21 <p>Friday 5-7pm:</p> <ul style="list-style-type: none"> • 26-Nov-21 3-Dec-21 10-Dec-21 17-Dec-21 <p>Saturday 10am -12.30pm:</p> <ul style="list-style-type: none"> • 2-Oct-21 9-Oct-21 16-Oct-21 23-Oct-21 • 6-Nov-21 7-Nov-21 8-Nov-21 9-Nov-21 |

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| Course name | Building Resilience for Stress and Anxiety - 4-week course via ZOOM |
| Description | <ul style="list-style-type: none"> • Discuss the qualities of a resilient person and what we can do to build resilience • Gain an understanding of how stress works, our own triggers for stress, the short- and long-term impacts of stress • Learn a breathing and grounding meditation will be introduced to help to 'come down' from stress and rebalance. • Will look at how the mind works and how mindfulness can support us to see 'that thoughts are not always facts.' • Learn to re-programme ourselves to respond from a place of positivity and awareness. |
| Day/Time | Tuesdays/10-11.30am |
| Dates | <ul style="list-style-type: none"> • 31-Aug-21 7-Sep-21 14-Sep-21 21-Sep-21 • 19-Oct-21 26-Oct-21 2-Nov-21 9-Nov-21 |

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| Course name | Food, Mood and Lifestyle - 4-week course via ZOOM |
| Description | <ol style="list-style-type: none"> 1) Learning about the impact of stress and the link between food and mood 2) Discovering the power of food and how it can help you feel more energised 3) Exploring ways to improve your sleep and help you feel more rejuvenated 4) Learn about ways to make positive lifestyle choices and gaining more balance in your life. |
| Day/Time | Thursdays/4.30-6.30pm |
| Dates | <ol style="list-style-type: none"> 1. 23-Sep-21 30-Sep-21 7-Oct-21 14-Oct-21 2. 28-Oct-21 4-Nov-21 11-Nov-21 18-Nov-21 3. 25-Nov-21 2-Dec-21 9-Dec-21 16-Dec-21 |

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| Course name | Just a Thought - 4-week FACE TO FACE course @ Beechcroft |
| Description | Learn how to challenge negative thoughts, manage anxious feelings and enjoy life living in the moment. |
| Day/Time | Saturdays/10am-12pm |
| Dates | 30-Oct-21 6-Nov-21 13-Nov-21 20-Nov-21 |

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| Course name | Mindfulness - 4-week course via ZOOM |
| Description | The key skills taught on the course are: <ul style="list-style-type: none"> • How abdominal breathing can calm us down. • The secret of dealing with negative thoughts. • We evolved to survive, not to be happy - How to compensate for our inborn negativity bias. • How to be kinder to ourselves and others. |
| Day/Time | Mondays/6-7pm |
| Dates | <ul style="list-style-type: none"> • 6-Sep-21 13-Sep-21 20-Sep-21 27-Sep-21 • 11-Oct-21 18-Oct-21 25-Oct-21 1-Nov-21 • 15-Nov-21 22-Nov-21 29-Nov-21 6-Dec-21 |

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| Course name | Relaxation – one of sessions (see dates below) via ZOOM |
| Description | <ul style="list-style-type: none"> • Reduce stress • Improve sleep • Improve wellbeing |
| Day/Time | Fridays/4-5pm |
| Dates | <ul style="list-style-type: none"> • 24-Sep-21 • 22-Oct-21 • 19-Nov-21 • 17-Nov-21 |

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| Course name | Tai Chi - 4-week course via ZOOM |
| Description | Tai Chi is for everyone! A gentle exercise that combines deep breathing and relaxation with easy flowing movements that don't stress joints or muscles. Reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. |
| Day/Time | Tuesdays/10-11am |
| Dates | <ul style="list-style-type: none"> • 31-Aug-21 7-Sep-21 14-Sep-21 21-Sep-21 • 19-Oct-21 26-Oct-21 2-Nov-21 9-Nov-21 |

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| Course name | Yoga - 4-week course via ZOOM |
| Description | <ul style="list-style-type: none"> • Learn about the benefits of yoga for better mental and physical health • Learn Yoga poses to create mental clarity and calmness • Learn how to relieve stress by practicing yoga • Increase your body awareness and flexibility |
| Day/Time | Thursday/6-7pm |
| Dates | <ul style="list-style-type: none"> • 30-Sept-21 7-Oct-21 14-Oct-21 21-Oct-21 • 18-Nov-21 25-Nov-21 02-Dec-21 9-Dec-21 |