

Mental Health And Wellbeing



We have a number of mental Health and well-being projects currently running at Firvale Community Hub.

We try to match the services to the individual's specific needs as much as we can.

If you or someone you know is feeling stressed, anxious and is suffering from depression they can access the services below



Firvale Community Hub 127 PageHall Road, Sheffield S4 8GU

0114 2619130 / 07897324285 referrals@firvalecommunityhub.org.uk

Social cafe

- 🌸 **Firvale community Hub run a Social café for anyone affected by stress, anxiety and other mild to moderate mental health issues.**
- 🌸 **We provide a safe and confidential environment where individuals can come and relax, unwind and take part in some group activities with others who are feeling the same.**
- 🌸 **We have trained staff that are present at the group to give you help and advice on how to manage your stress, anxiety and depression.**

Things we do at the social

- **Breathing exercise and facial massage techniques that can help us relax any time of the day**
- **Chair yoga which also helps you relax and get rid of stress**
- **Talk about how to improve diet to reduce stress**
- **How to improve sleep**
- **How to create a safe and relaxing space in your home**
- **How meditation helps with mental well being**
- **Craft activities / Painting / drawing**
- **Tips and advice to help you reduce stress, anxiety and panic attacks**
- **And a lot more when we meet face to face!**

Online sessions on zoom with full help provided to set up.

We meet every 2 weeks !



My Self My Community Project



- Are you living with a long term mental health condition and living in North East Sheffield?
- Or are you a community worker who knows someone who fits this criteria and would be interested in healthy social activities.
- If so, then you can access community based activities that will support your mental health recovery
- You will be matched with a recovery coach volunteer who can work with you on organising and finding a community based activity that you can enjoy, such as gardening, yoga, meditation and relaxations techniques or even just a walk in the countryside or local park. It is up to you to work out what you would enjoy with your recovery coach so that you can make the best of what's on offer and enjoy your days.

Firvale Men's Group

Did you know that the biggest killer of men under 50 in the UK is suicide?

You can't support others if you're not doing what you can to look after yourself, and with the support of your mates.

Come to our men's health group and discuss the challenges of being a man today and how we can support each other to stay healthy and stay alive.

We will look together at the five ways of well-being and how we can make sure that we are looking after ourselves and each other.

It will be a space just for men, to work out what we can do together to improve our lives as well as a space to talk if you want to.

Calling Volunteers

Are you the kind of person that people find easy to talk to, including talking about stuff that they are finding difficult in their lives. Could you spare a few hours a week?

You will get training, work experience and a reference to help you develop your career.

Would you like to learn motivational techniques so that rather than trying to fix people you can support people to take the steps towards helping themselves?

Do you want to learn how to be a recovery coach and support people in recovery from mental health to make the best of their lives?

You may have had experience of mental ill health yourself but are well on the way to recovery now and want to share your ideas about what worked for you?

Interested? – then contact Patrick on 07904163331 or

patrick@soarcommunity.org.uk

WELLBEING ZONES

Our Wellbeing Zones are online or face-to-face supportive groups where you can learn creative and useful tools that will help you build stronger mental health and improve your wellbeing.

The project is aimed at people from Sheffield's Black, Asian and Ethnic Minority Communities and targeted to support:

- ✚ One to one sessions
- ✚ Group work
- ✚ Early interventions with people facing the beginnings of mental health challenges e.g. stress, depression, anxiety.
- ✚ Individuals with mild or moderate Mental Health challenges.
- ✚ We can also help people with severe conditions on an individual basis accompanied with a support worker.

These groups will cover issues like

Learning Mindfulness

Lifting Stress

Relieving Anxiety



For details about how to access please contact

referrals@firvalecommunityhub.org

OR CALL 07897324285