

Your wellbeing

Feelings of loneliness and isolation can both cause a mental health problem and can also result from one.

Studies have shown that those of us who are more socially isolated experience more stress, have lower self-esteem and are more likely to have sleep problems than people who have strong social support. Social isolation can contribute to problems such as anxiety and depression.

Conversely, having a mental health problem can lead to a poor self-image, we may not feel confident that others want to have social contact with us, we avoid contact and then we become isolated and lonely.

Stronger and broader social connections in our life can increase feelings of self-worth.

Being active can also have a positive impact on our mental wellbeing. Regular exercise can reduce stress, improve sleep and boost your overall mood.

To support Dorset Mind, please visit justgiving.com/dorset-mind

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We're Dorset Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Dorset Mind does not offer any undertaking as to whether a particular Dorset Mind service is suitable for any particular person. Dorset Mind does not make an assessment of anyone's mental health or circumstances prior to their attendance at a group or service.

Leaflet created by Dorset Mind in June 2016.

Active in Mind

Meet, chat, do and play



Dorset Mind is a registered charity - No. 1108168 and is registered in England as a company limited by Guarantee No.5333018



What can you expect?

Active in Mind aims to provide a warm, welcoming and safe environment in which everyone feels supported, encouraged and stimulated. The group is open to anyone experiencing mental health problems, and their support workers.

The hub of the group is a coffee bar where there is space to sit, talk and have informal discussions.

Activities available include:

- badminton
- scrabble and other board games
- pool
- table tennis
- occasional talks
- occasional walks and outings
- occasional arts & crafts sessions.



Who might you see?



"My name is Rob. I am a qualified social worker and I am experienced in supporting people with mental health problems. Attending a new group can be daunting and I am always happy to meet with new members before the group starts."

For further details about Active in Mind please call Rob on 07732 637987 or email activeinmind@dorsetmind.uk

You may also meet some of our other Group Facilitators: Mandy, Carmel and Claire.



For up to date information on meetings please check the website, dorsetmind.uk

Charges

£3 per session

If someone attends on the first session in a week they can attend on the second session in that week free of charge.

When and where is it?

Monday and Thursdays, 2pm to 4pm

Trinity Methodist Church
82 Southbourne Road
Bournemouth
BH5 5AQ

Bus routes: 1a, 1b, 1c, 2, 2a, 2b and 33.



We gratefully acknowledge the support and funding of the Trinity Active in Mind group by:

The Incorporated Bournemouth Free Church Council