



Wirral Mind

Services

Fountain Project

What is the Fountain Project?

Wirral Mind's Fountain Project is an innovative mental health resource centre available to people throughout Cheshire and Merseyside. We offer therapeutic and creative activities aimed at reducing isolation and loneliness, building confidence and reducing stress.

Who can access the project?

We are open to anyone aged 18+ experiencing mental health problems, their friends, family and carers and anyone who wishes to improve and maintain their mental wellbeing.

What support do we offer?

We want to make sure that anyone experiencing a mental health problem has somewhere to turn for support.

Our doors are open Monday to Friday, 9am—5pm.

Our community café and lounge area is a relaxed and safe space where you can connect and spend time with others, seek support and find out more about the services we provide.

Wirral Mind staff are on hand to offer emotional support and can signpost you to other local support services and community groups if needed.

We also provide weekly groups and activities which give people the time and space to meet with others who share similar experiences and/or interests in a friendly and supportive environment. Pick up a copy of our group timetable from the reception area or visit our website www.wirralmind.org.uk

What facilities are available?

- Art & Craft room
- Pool room
- Relaxation room
- Holistic Therapy room
- Community café
- Community lounge area
- Meeting rooms and training facilities

Our building is wheelchair user friendly with lift access to all levels and disabled toilets on each floor.

Where to find us

We are based at 90-92 Chester Street, Birkenhead, CH41 5DL

Opening times

Monday	9am—5pm
Tuesday	9am—5pm
Wednesday	9am—5pm
Thursday	9am—5pm
Friday	9am—5pm
Saturday	Closed
Sunday	Closed



How can I get involved?

Drop-in, fill in a membership form and find out more about our services.

Enquiries:

Please contact us on 0151 512 2200 or learning@wirralmind.org.uk

Counselling

What is Counselling?

Counselling is a type of talking therapy, it involves a counsellor listening to you and helping you explore thoughts and feelings which may be impacting on your mental health and wellbeing.

Our counselling service provides a safe, confidential and supportive space free of pressure or judgement.

Who can access Wirral Mind's counseling service?

We are available to adults aged 18+ who live in the Wirral area and who are not already receiving talking therapy.

How long does counselling last for?

Wirral Mind currently operates an open ended counselling policy which, if found to be appropriate, may provide a client with long term counselling.

Counselling sessions last for one hour per week, and are arranged on a regular weekly basis.

To make a referral:

Contact Wirral Mind's Counselling department on:

0151 678 5111 (ask for Wirral Mind)

counselling@wirralmind.org.uk

We accept referrals from individuals, GP and any other medical professional or agency.

Beating the Blues

What is Beating the Blues?

Beating the Blues is a Cognitive Behavioural Therapy (CBT) programme delivered online that teaches you techniques to help you manage symptoms such as stress, anxiety and depression.



Easy to Use



Self-guided



Proven



Interactive



Video Clips



For Ages 16+

How will Beating the Blues help me?

Beating the Blues helps you manage how you feel by showing you the link between your feelings and what you do, think and say.

How can I access Beating the Blues?

We can provide both self-guided and supported options of this programme.

The **self-guided** option is for individuals who wish to work through the programme at home and fit it around family and work commitments.

Supported sessions take place at Wirral Mind with a Beating the Blues Supporter who will be on hand to offer both practical and emotional support.

To make a referral:

Contact the Beating the Blues team on:

0151 514 2888 (Option 4 and ask for Wirral Mind) or
beatingtheblues@wirralmind.org.uk

We accept referrals from individuals, GP and any other medical professional or agency.

Befriending

What is Befriending?

Befriending offers supportive, reliable relationships to those who are socially isolated.

The results of befriending can be very significant. Befriending often provides people with a new direction in life, opens up a range of activities and leads to increased self-esteem and self confidence.

Who is befriending for?

Wirral Mind's befriending service exists to support adults aged 18 years and over living in the Wirral area who are experiencing mental health problems and have little to no social network.

What style of befriending is available?

We currently offer face-to-face and telephone befriending.

What does a befriender do?

Typically, a face-to-face befriender will visit you on a regular weekly basis for about 1 to 2 hours. This may be within your own home or at an arranged meeting point outside, for example at your café or park etc.

Our telephone befrienders can offer regular telephone support to those who feel isolated, lonely and anxious and for whatever reason may not be quite ready for face-to-face support.

Befriending calls can be on a weekly, fortnightly, or monthly basis, depending on what you feel your need is.

How long does Befriending last for?

Wirral Mind's befriending service operates on an open-ended basis. The average length of time is between 1 to 2 years, but as is the case with all appropriate befriending programmes the length of time is determined by the needs and requirements of the individual.

What difference does befriending make?

Providing a listening ear, visiting regularly and making someone feel valued through befriending is one way to improve the lives of people who feel lonely and can help with some of the barriers that cause social isolation, for example, disability, frailty and lack of confidence.

Companionship is also important for maintaining positive mental health so if you need a little support, our Befriending Service could be for you.

“I really appreciate all the time that was given to me, it's improved my life for the better”

“Simple things like seeing a friendly face once a week gives me something to look forward to”

To make a referral:

Contact Wirral Mind's Befriending team on:

0151 514 2888 (Option 4 and ask for Wirral Mind)
befriending@wirralmind.org.uk

We accept referrals from individuals, GP and any other medical professional or agency.

Motiv8!

What is Motiv8?

Motiv8 is a health, wellbeing, and physical activity project provided by Wirral Mind and in partnership with Merseyside Sports Partnership, Raw n Real Northwest, Core Movement Studio, Julia Baxter Fitness and Everton Red Triangle Boxing Club.

Motiv8! aims to help people find the physical activity that is right for them, so they are able to enjoy the physical, social and mental benefits of being active.

What is physical activity?

Being physically active means sitting down less and moving our bodies more.

Physical activity doesn't have to mean running marathons or training every day at the gym. Motiv8! offers an exciting mix of classes and activities in a supportive, friendly and judgement free environment.

How can physical activity help my mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

- Better sleep
- Increased energy
- Managing stress
- Improve mood
- Connecting with people
- Better self-esteem

Who can access Wirral Mind's Motiv8?

Adults aged 18+ who live in the Cheshire and Merseyside area.

What can I expect at Motiv8?

- | | |
|---|---|
|  No cost |  All levels of fitness and abilities welcome |
|  Fun and exciting classes |  Supportive and qualified instructors |
|  Adult only zone |  Friendly and judgment free space |
|  Health and wellbeing advice | |

What Motiv8 classes are on offer?

We have a fun and exciting mix of classes available:

- Boxercise
- Walking Group
- Yoga
- Pilates
- Motiv8! Gym with full access to machines and equipment



Check out our Motiv8! timetable on our website www.wirralmind.org.uk for full details. Alternatively, you can pick up a paper copy from the Fountain Project.

How can I get involved?

Come along to any of our weekly Motiv8! classes.
No booking required.

Enquiries:

Please contact us on 0151 512 2200 or learning@wirralmind.org.uk

Mums Matter

What is Mums Matter?

Mums Matter is a perinatal service for women who are experiencing mental health problems linked to early motherhood.

It is an eight-week course that has been designed for mums by women with lived experiences of perinatal mental health issues.

What our service provides?

The aim of the Mums Matter service is to support mums to:

- Develop methods to help them to manage their mental health and wellbeing
- Identify tools and strategies to nurture themselves
- Identify and make changes that will nurture and support their wellbeing and have a positive impact on their recovery
- Use calming exercises that draw on a range of relaxation techniques
- Practice techniques that draw on CBT principles to challenge and manage their thought process
- Build peer to peer relationships with other Mums Matter participants

We also offer a creche facility for women who cannot find or are unable to fund child care during the duration of the Mums Matter programme.

What are the benefits of Mums Matter?

- Women without a formal diagnosis are helped quicker than by traditional methods, for example talking therapies, thereby reducing the burden on those services
- The number of women accessing formal primary or secondary care for postnatal services is reduced
- Family members are less effected by postnatal mental health problems
- Partners/supporters can support the mother more effectively
- Women can access other community and statutory mental health services through the knowledge and expertise of Wirral Mind

Who can access Mums Matter?

Mums aged 18+ living in the Wirral area, who have a child aged between zero and three years old.

To make a referral:

Contact Wirral Mind's Mums Matter team on:

0151 512 2200

mumsmatter@wirralmind.org.uk

Referrals can be made by any professional supporting new mums including Health Visitors, GPs or Midwives.

We also accept self-referrals from mums who feel that they would benefit from the service.

Lived Experience Network

What is the Lived Experience Network (LEN)?

The Cheshire and Merseyside Lived Experience Network for self-harm and suicide prevention is a pioneering project giving a voice to those affected by suicide and self-harm.

What does the LEN do?

The LEN is an opportunity for those with lived experience to share their views and contribute to ongoing suicide prevention work in the region.

**NO MORE
SUICIDE**

There are a range of different ways people can get involved including reading and commenting on proposed strategy documents, attending focus groups, attending the NO MORE Suicide Partnership Board, task group, or local authority group meetings, or taking part in specific workshops influencing a particular piece of work. How and when you get involved is up to you.

How can I get involved?

For more information or to register your interest to join the Cheshire and Merseyside Lived Experience Network please contact us on:

0151 512 2200 or learning@wirralmind.org.uk

Community Training

What is community training?

Wirral Mind's community courses and workshops are aimed at providing people with learning opportunities to gain knowledge, skills and awareness of mental health matters.

Our courses provide people with what we call 'wellness tools' – safe and effective strategies which can help us to actively manage our own mental health and improve our wellbeing.

Who can access this training?

These workshops are free and open to all adults aged 18+

We publish a community training booklet three times a year - January to March, April to July and September to December.

What courses are available?

We offer a range of courses and workshops including:

- Wellness Tools for Anxiety
- Wellness Tools for Depression
- Understanding Anger
- Introduction to Mindfulness
- Wellbeing for Women
- Meditation

& many, many more



To request a training booklet:

Pick up a copy from The Fountain Project or contact us on:

0151 512 2200 or learning@wirralmind.org.uk

Mental Health in the Workplace Training

Wirral Mind offers a cost-effective way to promote mental wellbeing in your organisation.

We deliver a number of mental health courses that can help employers and their employees improve their understanding of mental health issues and how they can support others.

What training is available?

Our training courses include:

- Mental Health Awareness
- Mental Health in the Workplace - Line Manager Training
- Wellbeing in the Workplace - Stress Management
- Introduction to Mindfulness Workshop
- Mental Health First Aid

The training team will work closely with you to deliver bespoke training, ensuring your specific organisational needs are met to the highest standards. Training can be delivered virtually or face-to-face at a venue of your choice. We can also offer our facilities at a discounted rate when you book training with us.

Enquiries:

For costings or to discuss any bespoke training needs, please contact our training department on:

0151 512 2200 or learning@wirralmind.org.uk

Mental Health First Aid

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a training course, which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

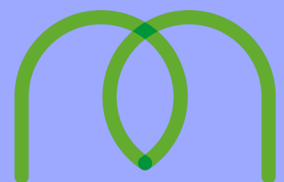
This two-day course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgmental listening
- Knowledge to help someone recover their health by guiding them to further support.

Enquiries:

For more information and costings, please contact our training department on:

0151 512 2200 or learning@wirralmind.org.uk



MHFA England

Supported Living Service

We provide supported living accommodation to individuals with mental health problems and learning disabilities who need assistance to live independently in the community.

We provide packages of individually tailored support to assist people to maintain their tenancy, gain life skills and lead more independent lives.

We aim to:

- support service users through person-centered planning, promoting independence, equality and rights
- support people to enhance their skills, maximise their potential and encourage independence.
- support people to achieve realistic outcomes and goals
- encourage and promote healthy life styles
- support service users to take part in social, leisure and educational activities
- support and encourage service users to become actively involved in their community
- offer protection to vulnerable people at risk

We aim to offer life-long housing, which means we do not often have vacancies. Social services will let you know about local supported living services and what suitable vacancies are available.

Enquiries:

To find out more about supported living, contact Central Advice and Duty Team (Social Services) on 0151 514 2222 (option 3).

Third Sector Community Connector

What is a Third Sector Community Connector?

The Third Sector Community Connector service is jointly delivered by Wirral Mind, Age UK Wirral and WIRED.

The service works across teams within adult social care to assist in promoting and connecting people to health and wellbeing services available in Wirral.

What do they do?

Third Sector Community Connectors enable individuals to improve their physical and mental wellbeing and build social connections that will provide long term support, in order to prevent future crisis and re-referrals to Social Care.

How does it work?

Once a referral has been received a Third Sector Connector will speak to the individual and make arrangements to meet. At this initial meeting the Third Sector Connector will complete a Wellbeing Assessment to help provide a person specific action plan, this will then be discussed with the individual as to how they want to proceed.

To make a referral:

Referrals can be made to Wirral Mind's Third Sector Connector via the Community Mental Health Team (Stein Centre). Birkenhead, Wallasey and West Wirral Adult Mental Health Service, CWP Foundation Trust, and All Age Integrated Disability Service. Unfortunately, we cannot accept self-referrals for this service.

Volunteer with us

Volunteering is a great way to meet new people and become actively involved within your community. It may help improve confidence and self-esteem, give purpose and direction, gain new skills and work within a different working environment.

It is a powerful way to help others and help yourself too.

Why volunteer with Wirral Mind?

Without the invaluable contributions of our volunteers, in our various projects, we would not be able to provide the range of services that we do. Volunteering with us can really make a difference to the lives of those experiencing poor mental health.

How much time will I have to commit to?

Volunteering doesn't have to be a major commitment. In fact, it can be as little as a couple of hours per week.

Is there an age limit for volunteers?

Due to the nature of our work we can only accept volunteer applications from those aged 18+

What volunteer roles are available?

We have a range of volunteer roles available at Wirral Mind, such as; Counsellor, Befriender, Receptionist, Beating the Blues Supporter and Café Assistant.

How can I get involved?

Contact Wirral Mind's volunteer coordinator on:

0151 678 5111 (ask for Wirral Mind)
volunteering@wirralmind.org.uk

Fundraise for us

As a local, independent charity that provides essential mental health services to people across Cheshire and Merseyside we are very grateful for the support and generosity of our community.

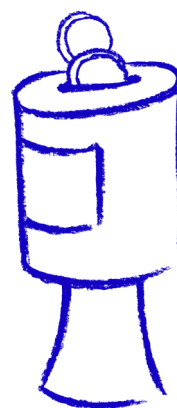
As an independent charity, we are responsible for raising our own funds. Every pound that you raise on our behalf enables us to continue the vital work we do and will ensure that people with a mental health problem have somewhere to turn.

Why fundraise for Wirral Mind?

Mental health affects us all – around 1 in 4 of us will experience mental ill health at some point in our lives. By choosing to support Wirral Mind you can help to make a real difference to the lives of those in our community – including yourself, work colleagues, friends and family.

How we can support you!

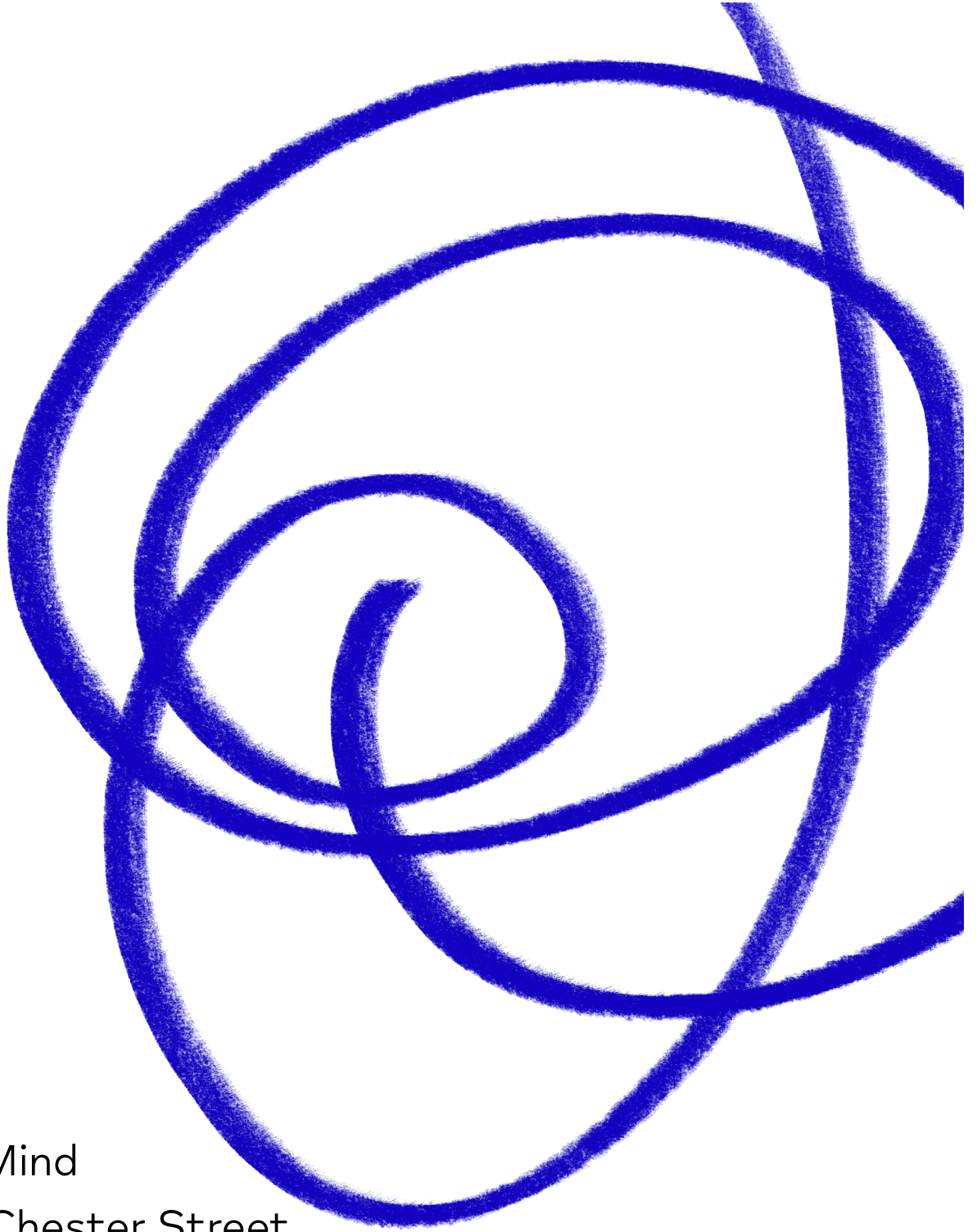
Whether you are thinking of doing a sponsored walk, running a marathon, having a quiz night with friends or holding a bake sale we can support you by providing any resources that you may need e.g. collection buckets, t-shirts, sponsorship forms etc.



How can I get involved?

If you would like to talk to us about your fundraising ideas, please contact us on:

0151 512 2200 or learning@wirralmind.org.uk



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