Wellbeing for Warwickshire

Mind in Warwickshire | For better mental health

Nuneaton, Bedworth & North Warwickshire Wellbeing Hubs



For those times when you are struggling to cope, getting the help you need starts with a chat. Why not talk to us...?

North Warwickshire Hubs

Visit: www.cwmind.org.uk/wbw

email: wbw@cwmind.org.uk

or call: **02477 712288**

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Peer led Drop Ins

Peer led drop-in sessions are offered twice-weekly and no appointment is needed. You can enjoy a variety of activities that promote resilience, friendship and learning.

Nuneaton - Tuesdays & Thursdays 5pm-8pm
Bedworth – Wednesdays & Fridays 5pm-8pm
North Warks – Mondays 9am-12noon
Fridays 1pm-4pm

Walk Ins

Come in and have a chat with our trained volunteers and wellbeing practitioners or simply browse our available information and support resources. It is also possible to talk in private for up to 20 minutes with one of our experienced wellbeing practitioners. No need to book!

Nuneaton - Tuesdays 1pm-4pm
Bedworth – Wednesdays 5pm-8pm
North Warks – Thursdays 1pm-4pm

Workshops

Our one-off workshops offer individuals the opportunity to take part and learn more about ways to manage their own mental and physical wellbeing. The interactive sessions are structured to the needs of the group.

Please contact us to find out what's on

One to One Appointments

Pathfinder: one to one support

Support is available for anyone wanting one to one support who is experiencing a time of emotional distress. The wellbeing practitioner will offer up to 6 sessions to help identify & address the causes of the distress. Support includes, practical problem solving, action planning, self-help strategies and information giving.

Please contact us to book an appointment

Grow: one to one support

Support is available through one to one interventions for anyone with ongoing mental health needs, supporting personal recovery. The wellbeing practitioner will offer up to 8 sessions to improve self-management & coping skills, build on resilience, identify goals, interests, and aspirations, explore options to move forward and to enjoy personal growth. Included in this service is the option for a lifestyle check & physical health improvement support.

Please contact us to book an appointment

Outreach

The service is taken out into the community to raise awareness of mental health and the service, to promote wellbeing, and to connect with people who may need support, including to community groups and local events*

*** Please contact us to find out venues & times**

Nuneaton, Bedworth & North Warwickshire Hubs

Direct tel. 02476 224028

Nuneaton Wellbeing Hub
Newtown Chambers
Corporation Street
Nuneaton CV11 5XR

Bedworth Wellbeing Hub
25 Congreve Walk
Bedworth CV12 8LX

North Warwickshire Wellbeing Hub
Mancetter Memorial Hall
Old Farm Road
Mancetter
Atherstone CV9 1QN

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Warwickshire County Council