

The five ways to wellbeing



Connect

Building strong relationships with others can enhance your sense of belonging and self-worth. Spend time with family and friends, engage in social activities, and connect with people around you



Be Active

Physical activity is not only beneficial for your physical health but also for your mental wellbeing. Find activities you enjoy, such as walking, cycling, and make them a regular part of your routine.



Take Notice

Being mindful of the present moment and your surroundings can help you understand your feelings better. Practice mindfulness, enjoy nature, and take time to savour the little things.



Learn

Learning new skills can boost your self-confidence and provide a sense of purpose. Try new hobbies, take up a course, or challenge yourself with new tasks at work.



Give

Acts of kindness and giving to others can create positive feelings and a sense of reward. Volunteer, help a friend, or simply express gratitude to those around you.



This booklet is available to download from:
rethink.org/wiltshirewellbeingcafes

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness
Phone **0121 522 7007** or
email **info@rethink.org**

rethink.org

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Welcome to your local...

Wiltshire Wellbeing Café

A friendly and welcoming place to meet other people with a shared interest in promoting happiness and wellbeing.

The **Wiltshire Wellbeing Cafés** offers a welcoming, safe space to connect with others, especially if you experience loneliness or anxiety.



Volunteers with **Rethink Mental Illness** help to facilitate various Wellbeing Cafés across Wiltshire. The Wellbeing Café ethos is for them to be a place for people to look out for each other and just be. Puzzles, quizzes, games, crafts, chats or just a chance to sit and listen.

Any enquiries regards the Wellbeing Cafés, please email: wellbeingcafe@rethink.org

Resources Online

To find further information about the various Wellbeing Cafés across Wiltshire please visit the webpage. Here you will also find a collection of mental health and community support publications available for download.



 rethink.org/wiltshirewellbeingcafes



Please note these Wellbeing Cafés are for peer-support and are not crisis or intensive support groups. If you need more critical support speak with your GP and/or consider the following support:

- **NHS HELPLINE:** local mental health support line **Call 111, option 2**
- **SHOUT:** local support via text **Text WILTS to 85258**
- **SAMARITANS:** national telephone helpline **Call 116 123**

Wellbeing Café Guidelines



All group members to be **welcoming** and non-judgemental to others.



When facilitator/volunteer is speaking to the whole group please be respectful and **listen**. Also, every member of the group is important and will be listened to with respect.



All members must **respect** that we are all individuals and whilst we may share similar experiences, there will still be differences in our situations, we are all unique.



We may not agree all the time, but we do respect that we all have our own opinions and still **value** everyone's contribution.



No swearing, bullying, intimidating, violent, aggressive or **threatening behaviour** to be used.



No discriminatory or stereotypical remarks or behaviour in the group



Allow people to finish speaking without speaking over them.



We try to make sure everyone can have their say and is listened to. However, it's not necessary that everyone must contribute to discussions and we **do not pressurise** anyone to speak.



Please be **mindful of giving out any personal information** to anyone in the group if you don't feel comfortable doing so, i.e. mobile phone number, address, email address etc.



Be **aware of your surroundings**. This group is held in a public place and whilst we respect everyone who attends the group we also need to respect others attending with family and friends i.e. noise level.