

# Timetable

July - September 2019

Dewch o hyd i'ch cwrs  
lles am ddim

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## INTRODUCTION

# Mindfulness

Mindfulness is a practice that is thousands of years old. It has been introduced into healthcare over the past thirty years. Mindfulness is a way of being that can be developed. Have you ever been driving and arrived at your destination with no recollection of your journey at all?

Have you picked up a cup of tea to have a drink and realized its all gone and you haven't tasted any of it? We've all done things like this, been on Autopilot. Mindfulness is the opposite to this. Mindfulness training enables us to develop our natural capacity for awareness and to notice without judging more of the thoughts, feelings and sensations that make up our lives day by day. This can help us relate differently to our experience and improve anxiety, depression and many other emotional and physical health concerns. It can increase our wellbeing through deepening our appreciation of our lives.

## What's different about Valleys Steps Mindfulness For Everyday course?

Our course is based on Acceptance and Commitment Therapy (ACT). ACT is made up of 6 components of which 3 are aspects of Mindfulness. The course teaches these mindfulness skills which can be used in everyday life. It can be helpful for managing stress, for combating low mood and dealing with anxieties. It can also help boost general well-being. We focus on using mindfulness in daily life and start with short meditation practices building up over the 6 weeks to practising for longer periods. The course was developed from a smaller scale course used by Cwm Taf University Health Board since 2004. It has been accessed by hundreds of people and consistently gets excellent feedback.

## MINDFULNESS BENEFITS

# What happens in the sessions?

The class is split into 2 parts. During the first hour there is usually a short meditation, then the presenter will talk about that week's lesson, we'll practise another meditation and will then tell a story.

We will learn about the stress reaction. We discuss the different components of mindfulness and how we can develop these. We also practise ways of developing this formally via short meditations and also informally through bringing mindfulness to everyday tasks. Each week we discuss and practise a different meditation. During the last part, there will be a longer meditation exercise. Participants remain seated throughout. Nobody is judged as to how well they are doing. Everyone learns at their own pace.

Each session builds on the last so it is most effective when all 6 sessions are attended. Frequent attendance is also advisable for developing a full understanding of what Mindfulness is and how it can be helpful. The management of difficult emotions and thoughts is considered in the last two sessions.

Our courses run throughout the year across the region. All courses are free and run or 6 weekly sessions. Browse for course locations and start dates below.

## INTRODUCTION

# Stress Control

Stress Control is a class that aims to turn you into your own therapist by teaching you a range of skills you can use to fight back against stress and similar problems.

The result of over 30 years of research and development, and taught all over the country, the course is based on an approach called Cognitive Behavioral Therapy (CBT). It is for people who want to learn some ways to control common problems such as stress, anxiety, low mood, panic, poor sleep, burnout, loss of confidence or low self-esteem.

## STRESS CONTROL INFORMATION

### What happens at each session?

Each session lasts about 90 minutes with a short break halfway through

*Each session covers a different element of stress control:*

- **Session 1 – Information about Stress :** You will find out what stress is and what it is not, the main signs, the vicious circles that keep it alive and how Stress Control works.
- **Session 2 – Controlling your body:** We get down to tackling stress in this session. You will learn how your body signs feed stress. We look at why we get stressed and how the body reacts to it. You will learn three skills – breathing retraining, exercise and progressive relaxation and look at caffeine
- **Session 3 – Controlling your thoughts:** You will learn how your thinking feeds stress. We will teach you ways to 'think your way out of stress'
- **Session 4 – Controlling your actions:** This session looks at how the way we act feeds stress. You'll learn ways to face your fears and a skill called 'Problem Solving'.

- **Session 5 – Controlling your panic:** Panicky feelings are part and parcel of stress. This session teaches you ways to control them. We will teach you about using your breathing to calm your body and, hence, your mind.
- **Session 6 – Controlling your sleep, Wellbeing and Controlling your future:** Poor sleep is often a result of stress. So, in this session, we will look at skills to help you get a good night's sleep. Wellbeing starts the final set of skills as we look at ways of staying on top of stress.

## STRESS CONTROL BENEFITS

### Who can benefit from Stress Control?

Stress Control was developed by Jim White, a psychologist from Glasgow. CBT has a strong evidence base for people experiencing mild- moderate depression and anxiety as does Stress Control itself. The course is used all over the country. It can be useful if you are experiencing Stress, low mood , anxiety, anger issues or low self esteem or want to learn more about them

We run courses throughout the year across the region. All of our courses are free and involve weekly sessions for 6 weeks. Browse the course locations and start dates below.

# Timetable

## July - September 2019

### Courses Beginning in July

#### Mindfulness

##### The Arts Factory - Ferndale

Trerhondda Chapel, The Strand, Ferndale, CF43 4LY

**Start date – Tuesday 16th July**

**Time- 10:00-11:30am**

Session 1 – 16/07/2019	Session 2 - 23/07/2019	Session 3 - 30/07/2019
Session 4 – 06/08/2019	Session 5 - 13/08/2019	Session 6 - 20/08/2019

#### Mindfulness

##### Trinity church- Porthcawl

John Street, Porthcawl, CF36 3DT

**Start date – Tuesday 16th July**

**Time- 1:00-2:30pm**

Session 1 – 16/07/2019	Session 2 - 23/07/2019	Session 3 - 30/07/2019
Session 4 – 06/08/2019	Session 5 - 13/08/2019	Session 6 - 20/08/2019

#### Mindfulness

##### Pontypridd Museum

Pontypridd Museum, Bridge St, Pontypridd, CF37 4PE

**Start date – Wednesday 17th July**

**Time- 10:00-11:30 am**

Session 1 – 17/07/2019	Session 2 - 24/07/2019	Session 3 - 31/07/2019
Session 4 – 07/08/2019	Session 5 - 14/08/2019	Session 6 - 21/08/2019



**Mindfulness****Cynon Valley Museum - Aberdare**

Depot Rd, Aberdare, CF44 8DL

**Start date – Wednesday 17th July**

**Time- 1:00- 2:30 pm**

Session 1 – 17/07/2019          Session 2 - 24/07/2019          Session 3 - 31/07/2019

Session 4 – 07/08/2019          Session 5 - 14/08/2019          Session 6 - 21/08/2019

**Stress Control****Darren Las Community Building - Mountain Ash**

Darren Las Community Building, (former Cynon Infants School), Aberdare Road,  
Mountain Ash, CF45 3PT

**Start date – Wednesday 17th July**

**Time- 6:00-7:30 pm**

Session 1 – 17/07/2019          Session 2 - 24/07/2019          Session 3 - 31/07/2019

Session 4 – 07/08/2019          Session 5 - 14/08/2019          Session 6 - 21/08/2019

**Stress Control****ARC Centre - Bridgend**

Boulevard De Villenave D'Ornon, Bridgend, CF31 1JN

**Start date – Wednesday 17th July**

**Time- 6:00-7:30 pm**

Session 1 – 17/07/2019          Session 2 - 24/07/2019          Session 3 - 31/07/2019

Session 4 – 07/08/2019          Session 5 - 14/08/2019          Session 6 - 21/08/2019



**Stress control****Tondu Methodist Church - Tondu**

4 Maesteg Rd, Tondu, Bridgend CF32 9BT

**Start date - Thursday 18th July**

**Time- 1:00-2:30pm**

Session 1 – 18/07/2019          Session 2 - 25/07/2019          Session 3 - 01/08/2019

Session 4 – 08/08/2019          Session 5 - 15/08/2019          Session 6 - 22/08/2019

**Mindfulness****Coleg y Cymoedd Rhondda Campus - Llwynypia**

Business and Arts Building, Coleg y Cymoedd, Rhondda Campus, Llwynypia, CF40 2TQ

**Start date - Thursday 18th July**

**Time- 6:00-7:30pm**

Session 1 – 18/07/2019          Session 2 - 25/07/2019          Session 3 - 01/08/2019

Session 4 – 08/08/2019          Session 5 - 15/08/2019          Session 6 - 22/08/2019

**Mindfulness****Porth Library**

Porth Library, Porth Plaza, 42 Pontypridd Rd, Porth, CF39 9PF

**Start date - Friday 19th July**

**Time- 10:00-11:30 am**

Session 1 – 19/07/2019          Session 2 - 26/07/2019          Session 3 - 02/08/2019

Session 4 – 09/08/2019          Session 5 - 16/08/2019          Session 6 - 23/08/2019

**Stress Control****YMCA - Bridgend**

Angel Street, Bridgend, CF31 4AD

**Start date – Friday 19th July****Time- 1:30-3:00 pm**

Session 1 – 19/07/2019	Session 2 - 26/07/2019	Session 3 - 02/08/2019
Session 4 – 09/08/2019	Session 5 - 16/08/2019	Session 6 - 23/08/2019

**Stress Control****Talbot Green Community Centre - Talbot Green**

Talbot Green Community Centre, 93 Clos Springfield, Talbot Green, Pontyclun, CF72 8HS

**Start date - Tuesday 23rd July****Time- 6:00-7:30pm**

Session 1 – 23/07/2019	Session 2 - 30/07/2019	Session 3 - 06/08/2019
Session 4 – 13/08/2019	Session 5 - 20/08/2019	Session 6 - 27/08/2019

**Mindfulness****Dowlais Library**

Church St, Dowlais, Merthyr Tydfil CF48 3HS

**Start date - Monday 5th August****Time- 10:00 -11:30 am**

Session 1 – 05/08/2019	Session 2 - 12/08/2019	Session 3 - 19/08/2019
Session 4 – 02/09/2019	Session 5 - 09/09/2019	Session 6 - 16/09/2019

\* No session on Monday 26th August due to Bank Holiday

**Stress Control****St Matthias Church Hall - Treharris**

Bargoed Terrace, Treharris, CF46 5RB

**Start date - Monday 5th August****Time: 1:00-2:30pm**

Session 1 – 05/08/2019      Session 2 - 12/08/2019      Session 3 - 19/08/2019

Session 4 – 02/09/2019      Session 5 - 09/09/2019      Session 6 - 16/09/2019

\* No session on Monday 26th August due to Bank Holiday

**Courses Beginning in August****Stress Control****The Arts Factory - Ferndale**

Trerhondda Chapel, The Strand, Ferndale, CF43 4LY

**Start date – Tuesday 27th August****Time- 10:00-11:30am**

Session 1 – 27/08/2019      Session 2 - 03/09/2019      Session 3 - 10/09/2019

Session 4 – 17/09/2019      Session 5 - 24/09/2019      Session 6 - 01/10/2019

**Stress Control****Trinity church- Porthcawl**

John Street, Porthcawl, CF36 3DT

**Start date – Tuesday 27th August****Time- 1:00-2:30pm**

Session 1 – 27/08/2019      Session 2 - 03/09/2019      Session 3 - 10/09/2019

Session 4 – 17/09/2019      Session 5 - 24/09/2019      Session 6 - 01/10/2019

**Stress Control****Pontypridd Museum**

Pontypridd Museum, Bridge St, Pontypridd, CF37 4PE

**Start date – Wednesday 28th August**

**Time- 10:00-11:30 am**

Session 1 – 28/08/2019      Session 2 - 04/09/2019      Session 3 - 11/09/2019

Session 4 – 18/09/2019      Session 5 - 25/09/2019      Session 6 - 02/10/2019

**Stress Control****Cynon Valley Museum - Aberdare**

Depot Rd, Aberdare, CF44 8DL

**Start date - Wednesday 28th August**

**Time- 1:00-2:30pm**

Session 1 – 28/08/2019      Session 2 - 04/09/2019      Session 3 - 11/09/2019

Session 4 – 18/09/2019      Session 5 - 25/09/2019      Session 6 - 02/10/2019

**Mindfulness****Darren Las Community Building - Mountain Ash**

Darren Las Community Building, (former Cynon Infants School), Aberdare Road, Mountain Ash, CF45 3PT

**Start date - Wednesday 28th August**

**Time- 6:00-7:30pm**

Session 1 – 28/08/2019      Session 2 - 04/09/2019      Session 3 - 11/09/2019

Session 4 – 18/09/2019      Session 5 - 25/09/2019      Session 6 - 02/10/2019

**Mindfulness****Tondu Methodist Church - Tondu**

4 Maesteg Rd, Tondu, Bridgend CF32 9BT

**Start date - Thursday 29th August**

**Time- 1:00-2:30pm**

Session 1 – 29/08/2019	Session 2 - 05/09/2019	Session 3 -12/09/2019
Session 4 – 19/09/2019	Session 5 - 26/09/2019	Session 6 - 03/10/2019

**Stress Control****Coleg y Cymoedd Rhondda Campus - Llwynypia**

Business and Arts Building, Coleg y Cymoedd, Rhondda Campus, Llwynypia, CF40 2TQ

**Start date - Thursday 29th August**

**Time- 6:00-7:30pm**

Session 1 – 29/08/2019	Session 2 - 05/09/2019	Session 3 -12/09/2019
Session 4 – 19/09/2019	Session 5 - 26/09/2019	Session 6 - 03/10/2019

**Stress Control****Porth Library**

Porth Library, Porth Plaza, 42 Pontypridd Rd, Porth, CF39 9PF

**Start date - Friday 30th August**

**Time- 10:00-11:30am**

Session 1 – 30/08/2019	Session 2 - 06/09/2019	Session 3 - 13/09/2019
Session 4 – 20/09/2019	Session 5 - 27/09/2019	Session 6 - 04/10/2019

**Mindfulness****YMCA - Bridgend**

Angel Street, Bridgend, CF31 4AD

**Start date – Friday 30th August****Time- 1:30-3:00 pm**

Session 1 – 30/08/2019	Session 2 - 06/09/2019	Session 3 - 13/09/2019
Session 4 – 20/09/2019	Session 5 - 27/09/2019	Session 6 - 04/10/2019

**Courses Beginning in September****Mindfulness****Talbot Green Community Centre - Talbot Green**

Talbot Green Community Centre, 93 Clos Springfield, Talbot Green, Pontyclun, CF72 8HS

**Start date - Tuesday 3rd September****Time- 6:00-7:30pm**

Session 1 – 03/09/2019	Session 2 - 10/09/2019	Session 3 - 17/09/2019
Session 4 – 24/09/2019	Session 5 - 01/10/2019	Session 6 - 08/10/2019

**Stress Control****Hope Church**

Merthyr Tydfil, High St, CF47 8UG

**Start date - Monday 23rd September****Time: 6:00pm - 7:30pm**

Session 1 – 23/09/2019	Session 2 - 30/09/2019	Session 3 - 07/10/2019
Session 4 – 14/10/2019	Session 5 - 21/10/2019	Session 6 - 28/10/2019

**Mindfulness**

**St Matthias Church Hall - Treharris**

Bargoed Terrace, Treharris, CF46 5RB

**Start date - Monday 23rd September**

**Time: 1:00-2:30pm**

Session 1 – 23/09/2019

Session 2 - 30/09/2019

Session 3 - 07/10/2019

Session 4 – 14/10/2019

Session 5 - 21/10/2019

Session 6 - 28/10/2019