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Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Valleys Steps
Camau'r Cymoedd



Timetable
April - June 2020

Free Mindfulness & Stress Control Courses

Promoting a Better Well-being

Charity Registration No. 1166003
Registered in Wales. Limited by Guarantee.



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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 for 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

April - June 2020

Courses Beginning in April 2020

Stress Control

Dowlais Library

Dowlais Library, Church Street,
Merthyr Tydfil, CF48 3HS

Start Date - Monday 20th April 2020

Time: 10:00am - 11:30am

(excluding 25/05/2020 - bank holiday)

Session 1 - 20/04/2020 Session 2 - 27/04/2020 Session 3 - 04/05/2020

Session 4 - 11/05/2020 Session 5 - 18/05/2020 Session 6 - 01/06/2020

Mindfulness

Tag Community Centre

Glasier Rd, Twynrodyn, Merthyr Tydfil CF47 0TD

Start Date - Monday 20th April 2020

Time: 1:00 - 2:30pm

(excluding 25/05/2020 - bank holiday)

Session 1 - 20/04/2020 Session 2 - 27/04/2020 Session 3 - 04/05/2020

Session 4 - 11/05/2020 Session 5 - 18/05/2020 Session 6 - 01/06/2020

Stress Control

Arc Centre

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

Start Date - Monday 20th April 2020

Time: 6:00pm - 7:30pm

(excluding 25/05/2020 - bank holiday)

Session 1 - 20/04/2020 Session 2 - 27/04/2020 Session 3 - 04/05/2020

Session 4 - 11/05/2020 Session 5 - 18/05/2020 Session 6 - 01/06/2020

Mindfulness

Cwmparc, Park Hall

Cwmparc, Park Hall, Park Rd, Cynon, Treorchy CF42 6NB

Start Date - Tuesday 21st April 2020

Time: 10:00am - 11:30am

SSession 1 - 21/04/2020 Session 2 - 28/04/2020 Session 3 - 05/05/2020

Session 4 - 12/05/2020 Session 5 - 19/05/2020 Session 6 - 26/05/2020

Stress Control

Trinity church

John Street, Porthcawl, CF36 3DT

Start Date - Tuesday 21st April 2020

Time: 1:00pm - 2:30pm

Session 1 - 21/04/2020 Session 2 - 28/04/2020 Session 3 - 05/05/2020

Session 4 - 12/05/2020 Session 5 - 19/05/2020 Session 6 - 26/05/2020

Stress Control

University of South Wales

Treforest Campus, Hirwaun Building, Floor 1, Room: TRH039,
Llantwit Rd, Pontypridd, CF37 1DL

Start Date - Tuesday 21st April 2020

Time: 6:00pm - 7:30pm

Session 1 - 21/04/2020 Session 2 - 28/04/2020 Session 3 - 05/05/2020

Session 4 - 12/05/2020 Session 5 - 19/05/2020 Session 6 - 26/05/2020

Mindfulness

Pantygraigwen Community Centre

2 Pantygraigwen Rd, Graigwen, Pontypridd CF37 2RR

Start date - Wednesday 22nd April 2020

Time: 10:00am - 11:30am

Session 1 - 22/04/2020 Session 2 - 29/04/2020 Session 3 - 06/05/2020

Session 4 - 13/05/2020 Session 5 - 20/05/2020 Session 6 - 27/05/2020

Mindfulness**Cynon Valley Museum**

Depot Rd, Aberdare, CF44 8DL

Start date - Wednesday 22nd April 2020

Time: 1:00pm - 2:30pm

Session 1 - 22/04/2020 Session 2 - 29/04/2020 Session 3 - 06/05/2020

Session 4 - 13/05/2020 Session 5 - 20/05/2020 Session 6 - 27/05/2020

Stress Control**Darren Las, Mountain Ash**

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

Start date - Wednesday 22nd April 2020

Time: 6:00pm - 7:30pm

Session 1 - 22/04/2020 Session 2 - 29/04/2020 Session 3 - 06/05/2020

Session 4 - 13/05/2020 Session 5 - 20/05/2020 Session 6 - 27/05/2020

Stress Control**Ogmore Valley life centre**

Aber Road, Ogmore Vale CF32 7AJ

Start date - Thursday 23rd April 2020

Time: 1:00pm - 2:30pm

Session 1 - 23/04/2020 Session 2 - 30/04/2020 Session 3 - 07/05/2020

Session 4 - 14/05/2020 Session 5 - 21/05/2020 Session 6 - 28/05/2020

Mindfulness**Coleg Y Cymoedd**

Rhondda Campus, Business and Arts Building,
Llwynypia, CF40 2TQ

Start date - Thursday 23rd April 2020

Time: 6:00pm - 7:30pm

Session 1 - 23/04/2020 Session 2 - 30/04/2020 Session 3 - 07/05/2020

Session 4 - 14/05/2020 Session 5 - 21/05/2020 Session 6 - 28/05/2020

Stress Control**Cefn Community Centre**

New Church Street, Cefn-Coed-y-Cymer, Merthyr Tydfil CF48 2NA

Start date - Thursday 23rd April 2020

Time: 6:00pm - 7:30pm

Session 1 - 23/04/2020 Session 2 - 30/04/2020 Session 3 - 07/05/2020

Session 4 - 14/05/2020 Session 5 - 21/05/2020 Session 6 - 28/05/2020

Stress Control**Hope Church - Bridgend**

Station Hill, Bridgend CF31 1EA

Start date - Friday 24th April 2020

Time: 10:00am - 11:30am

(Excluding 8th May 2020-Bank Holiday)

Session 1 - 24/04/2020 Session 2 - 31/04/2020 Session 3 - 15/05/2020

Session 4 - 22/05//2020 Session 5 - 29/05/2020 Session 6 - 05/06/2020

Mindfulness

Porth Plaza

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

Start date - Friday 24th April 2020

Time: 1.00pm - 2.30pm

(Excluding 8th May 2020 Bank Holiday)

Session 1 - 24/04/2020 Session 2 - 31/04/2020 Session 3 - 15/05/2020

Session 4 - 22/05//2020 Session 5 - 29/05/2020 Session 6 - 05/06/2020

Courses Beginning in June 2020

Stress Control

Cwmparc, Park Hall

Cwmparc, Park Hall, Park Rd, Cynon, Treorchy CF42 6NB

Start Date - Tuesday 2nd June 2020

Time: 10:00am - 11:30am

Session 1 - 02/06/2020 Session 2 - 09/06/2020 Session 3 - 16/06/2020

Session 4 - 23/06/2020 Session 5 - 30/06/2020 Session 6 - 07/07/2020

Mindfulness**Trinity church**

John Street, Porthcawl, CF36 3DT

Start Date - Tuesday 2nd June 2020

Time: 1:00pm - 2:30pm

Session 1 - 02/06/2020 Session 2 - 09/06/2020 Session 3 - 16/06/2020

Session 4 - 23/06/2020 Session 5 - 30/06/2020 Session 6 - 07/07/2020

Mindfulness**University of South Wales**

Treforest Campus, Hirwaun Building, Floor 1, Room: TRH039,
Llantwit Rd, Pontypridd, CF37 1DL

Start Date - Tuesday 2nd June 2020

Time: 6:00pm - 7:30pm

Session 1 - 02/06/2020 Session 2 - 09/06/2020 Session 3 - 16/06/2020

Session 4 - 23/06/2020 Session 5 - 30/06/2020 Session 6 - 07/07/2020

Stress Control**Pantygraigwen Community Centre**

2 Pantygraigwen Rd, Graigwen, Pontypridd CF37 2RR

Start Date - Wednesday 3rd June 2020

Time: 10:00am - 11:30am

Session 1 - 03/06/2020 Session 2 - 010/06/2020 Session 3 - 17/06/2020

Session 4 - 24/06/2020 Session 5 - 01/07/2020 Session 6 - 08/07/2020

Stress Control

Cynon Valley Museum

Cynon Valley Museum – Aberdare
Depot Rd, Aberdare, CF44 8DL

Start Date - Wednesday 3rd June 2020

Time: 1:00pm - 2:30pm

Session 1 - 03/06/2020 Session 2 - 10/06/2020 Session 3 - 17/06/2020

Session 4 - 24/06/2020 Session 5 - 01/07/2020 Session 6 - 08/07/2020

Mindfulness

Darren Las, Mountain Ash

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

Start Date - Wednesday 3rd June 2020

Time: 6:00pm - 7:30pm

Session 1 - 03/06/2020 Session 2 - 10/06/2020 Session 3 - 17/06/2020

Session 4 - 24/06/2020 Session 5 - 01/07/2020 Session 6 - 08/07/2020

Mindfulness

Ogmore Valley life centre

Aber Road, Ogmore Vale CF32 7AJ

Start Date - Thursday 4th June 2020

Time: 1:00pm - 2:30pm

Session 1 - 04/06/2020 Session 2 - 11/06/2020 Session 3 - 18/06/2020

Session 4 - 25/06/2020 Session 5 - 02/07/2020 Session 6 - 09/07/2020

Stress Control

Coleg Y Cymoedd

Rhondda Campus, Business and Arts Building,
Llwynypia, CF40 2TQ

Start Date - Thursday 4th June 2020

Time: 6:00pm - 7:30pm

Session 1 - 04/06/2020 Session 2 - 11/06/2020 Session 3 - 18/06/2020

Session 4 - 25/06/2020 Session 5 - 02/07/2020 Session 6 - 09/07/2020

Mindfulness

Cefn Community Centre

New Church Street, Cefn-Coed-y-Cymer, Merthyr Tydfil CF48 2NA

Start date - Thursday 4th June 2020

Time: 6:00pm - 7:30pm

Session 1 - 04/06/2020 Session 2 - 11/06/2020 Session 3 - 18/06/2020

Session 4 - 25/06/2020 Session 5 - 02/07/2020 Session 6 - 09/07/2020

Mindfulness

Dowlais Library

Dowlais Library, Church Street,
Merthyr Tydfil, CF48 3HS

Start Date - Monday 8th June 2020

Time: 10:00am - 11:30am

Session 1 - 08/06/2020 Session 2 - 15/06/2020 Session 3 - 22/06/2020

Session 4 - 29/06/2020 Session 5 - 06/07/2020 Session 6 - 13/07/2020

Stress Control**Tag Community Centre**

Glasier Rd, Twynrodyn, Merthyr Tydfil CF47 0TD

Start Date - Monday 8th June 2020

Time: 1:00 - 2:30pm

Session 1 - 08/06/2020 Session 2 - 15/06/2020 Session 3 - 22/06/2020

Session 4 - 29/06/2020 Session 5 - 06/07/2020 Session 6 - 13/07/2020

Mindfulness**Saint Matthias church**

Bargoed Terrace, Treharris CF46 5RB

Start Date - Monday 8th June 2020

Time: 6:00 - 7:30pm

Session 1 - 08/06/2020 Session 2 - 15/06/2020 Session 3 - 22/06/2020

Session 4 - 29/06/2020 Session 5 - 06/07/2020 Session 6 - 13/07/2020

Mindfulness**Hope Church - Bridgend**

Station Hill, Bridgend CF31 1EA

Start date - Friday 12th June 2020

Time: 10:00am - 11:30am

Session 1 - 12/06/2020 Session 2 - 19/06/2020 Session 3 - 26/06/2020

Session 4 - 03/07/2020 Session 5 - 10/07/2020 Session 6 - 17/07/2020

Stress Control

Porth Plaza

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

Start date - Friday 12th June 2020

Time: 1.00pm - 2.30pm

Session 1 - 12/06/2020

Session 2 - 19/06/2020

Session 3 - 26/06/2020

Session 4 - 03/07/2020

Session 5 - 10/07/2020

Session 6 - 17/07/2020