

## Outreach Services

We reach out to rural communities through our yellow Mobile Roving Hub 'DORIS' in order to:

- Raise awareness of mental health issues and strive to reduce the stigma and discrimination around mental illness especially in rural areas.
- Provide short term counselling and one to one motivational coaching.
- Listen and respond creatively to the needs of people suffering the effects of mental illness.

Doris is also available as an:

- \* Exhibition and display unit
- \* Consulting room
- \* Health promotion unit
- \* Meeting room for small groups
- \* Wellbeing centre

For further information please contact:-  
Outreach Services  
Tel:- 01745 812461  
Email:- mindrural@aol.com



## Information & Training

We offer training and consultancy services to external agencies and the general public: please ring for a brochure. We deliver bespoke training on mental health issues by arrangement - ASIST, MHFA and SafeTALK.

We welcome callers and telephone enquiries Whatever your problem, we will do our best to help you or point you in the right direction.

Visit:- [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

Tel:- 01745 336787

## Useful Telephone No's :-

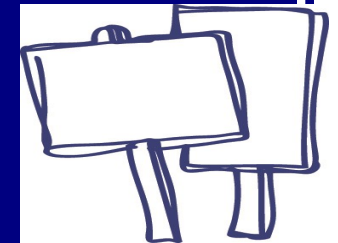


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|------------------------|--------------|
| • Director of Services | 01745 813558 |
| • Housing Schemes      | 01745 813558 |
| • Central Services     | 01745 336787 |
| • Mahoneys             | 01745 351635 |
| • Outreach Services    | 01745 812461 |
| • Business Development | 01745 336787 |
| • Volunteering         | 01745 336787 |
| • Hafod                | 01745 443050 |
| • Tim Dyffryn Clwyd    | 01745 813138 |

Vale of Clwyd Mind, 15 Bedford Street, Rhyl,  
LL18 1SY.



## 'Improving Public Knowledge'



## Five steps to Mental Wellbeing

Connect

Be Active

Keep Learning

Give to Others

Take Notice



## About Vale of Clwyd Mind

Vale of Clwyd Mind is a leading Mental Health Charity (affiliated to National Mind). We aim to provide sustainable services to support and care for people with mental health problems.

We also campaign for improvements in services which are socially inclusive and campaign for the elimination of the stigma associated with mental illness.

Mental health is a resource which enables people to realise their intellectual and emotional potential and to find and fulfil their roles in social, school and working life.

We have a number of support and social groups dotted around the Denbighshire area,

- Rhyll offering a huge range of activities for those who wish to get involved - from playing musical instruments to learning how to set up your own Facebook page, or just the chance to have a cup of tea and a chat.
- Corwen
- Denbigh
- Ruthin
- Llangollen
- Prestatyn
- St Asaph

Come along to one of our Walking Groups now being held in Denbigh, Ruthin, Corwen and Rhyll with our fully trained Walking Instructor.

‘Learn how to take time out everyday to improve your wellbeing’.

To find your nearest group

Contact:- 01745 812461



## Support



### Mahoney's In Mind

offers individuals experiencing enduring mental health problems the opportunity to meet with others socially.

We organise various events such as trips, swimming, theatre trips and meals in local restaurants. Social Clubs are held throughout the week.

For more information contact:- 01745 351635



Musical Meatballs in Mind is a members-led music/performance therapy group for adults living with mental health issues. For further details please contact:- 01745 351635

### The Social Opportunities Project

Provides one to one support for people with long term mental health issues who struggle to access larger group activities. Each individual is given up to 3 hours a week of one to one support, enabling their carers to have short periods of respite.

## VOCM Housing

### Supported Housing

Vale of Clwyd Mind provides supported housing for residents of Denbighshire with severe mental health problems.

### Rhyl Housing Scheme

This scheme provides supported living, in the form of single self-contained flats for people (tenants) suffering from mental health problems.

### Y Gelli

Y Gelli is a 24-hour residential care home developed in partnership with Vale of Clwyd Mind, Grŵp Cynefin and the Betsi Cadwaladr University Health Board and provides accommodation for 10 young adults with mental health problems.

For further information contact:- 01745 813558

Email:- enquiries@y-gelli.org.uk



### The Allotment Project

Supporting people affected by short and long term mental health problems to work alongside other members of the community and 'get growing' on the allotments.

**Every Wednesday and Friday**

**10am—2pm**

**Roe Plas Meadow, St Asaph LL17 0RD**

For more details contact: 01745 812461