

ABOUT US :



Our Team have extensive experience in empowering people and their Carers to access and engage in community activities and supports, working with young adults in transition from child to adult services, young adults and adults in further education and/or employability and working with partners to help engage adults with multiple complex needs. We want to support Carers through these changes, ensuring that Mental Health & Wellbeing is an overarching theme of all our work and partnerships.

CONTACT US!

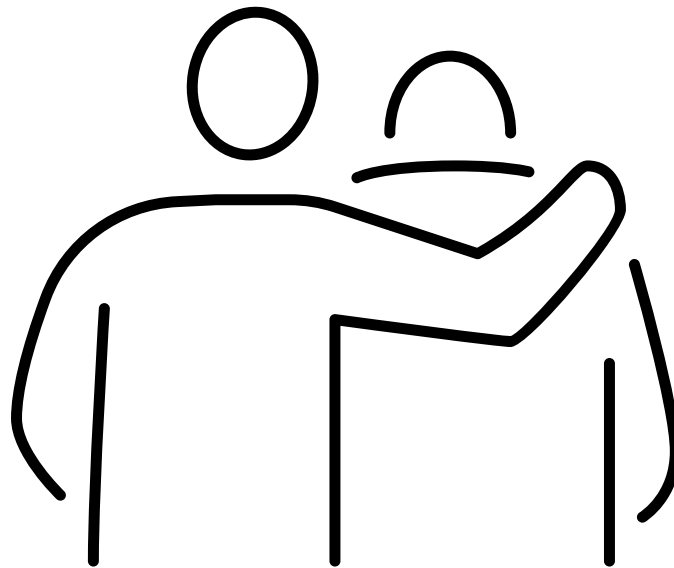
Call: 01698 386 403 for
information

or email

maryanne@nctcentre.co.uk

to refer or visit

www.nctcentre.com/WOW

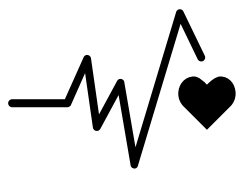


Newmains
Community Trust

WORKING ON WELLNESS!

THE WOW! PROJECT





SUPPORTING ADULTS WITH ASN



Work Experience, training and volunteering opportunities

You can experience what its like to be in the world of work, or you can learn a new skill and put it to use while you Volunteer!



Wellbeing Activity

Activity that encourages you to think about exercise and being outdoors as a way to feel well



Mindfulness

Take a load off your mind and forget your worries while you meet new people and have fun!



Creative Arts

Try Art, Crafts, Music, Dancing and Singing!



Get Involved in your Community

Try joining a new group, chat and have a cuppa, gardening, cycling and more!

The importance of Wellness for Carers like you



As a Carer you are more likely to feel a strain on your Mental Health & Wellbeing so it's good to keep a healthy mind and body.

If you are in a good place mentally, your relationship with the person you care for and your family/friends is more of a positive one

Feeling in control of your Mental Health & Wellbeing reduces anxiety and stress and allows you to prioritise Self-Care

Being connected with other carers and Caring Organisations helps you link in with resources and support available and helps you know you are not alone

CARING FOR CARERS



A Place to come for help

A regular safe space to meet other carers and link in with Carer's Support



CBT

Cognitive Behavioural Therapy can help you feel in control and gives you tools to help you cope your Caring role,



Peer Support

Quiet Mindful sessions where Carers can just relax and chat with other Carers



Mindfulness

A chance relax, take a breath and to live 'in the moment'



Holistic Therapies

The opportunity to book in for a pamper while the person you care for takes part in an activity.