

With You in Mind



A SOCIAL, INCLUSIVE, WELLBEING HUB FOR CHELMSFORD



Inclusive activity sessions for people who want to improve their confidence, wellbeing and mental health

Our team of trained Activity Coordinators and Mental Health First Aiders will support you at each session

What's on offer:

Group Activities

Our activity co-ordinators and mental health first aiders at the centre will be on hand delivering a variety of activities including; badminton, table tennis, group exercise classes, led walks, relaxation sessions, an area for board games, mindful colouring and workshops. You can also suggest other activities you would like us to include in the programme. We want you to feel part of a group and be social with people who will be supportive and empathise with your needs and support you to build your confidence.

1-2-1 Hub

The hub will provide an area to speak openly to our support team who can help with signposting you to services. The team will be on hand before and after sessions to speak confidentially over day to day worries you may have. The team provide a supportive network to make you feel at ease and enable you to explore a variety of coping strategies.

Volunteer

Feel as though you can give something back? Speak to our active co-ordinators and see if you could support peers/clients at the sessions? What better way to empower other people and develop your own skills and further support Mental health and wellbeing at our Chelmsford hub.

How to access With You in Mind ?

If you think you would benefit from the support to access physical activity and social interactions, then simply refer yourself onto the programme via any of the following options.

Speak to The Wellbeing Team on: 01245 606569

To register your place email: withyouinmind@chelmsford.gov.uk

Visit our website page at: www.chelmsford.gov.uk/withyouinmind

Session times: 14:00pm-16:00pm, Wednesday, Thursday & Friday

Venue: Chelmsford Sport & Athletics Centre, Salerno Way CM1 2EH

Cost: £3.00 per person, per 2-hour session. Your first session is FREE.

