

Other psychology courses we offer:



- Stress & Mood Management
- Stress Workshop for Men
- Managing Panic, Anxiety and Worry
- Boosting Self-Esteem
- Anger Awareness
- Managing Low Mood and Depression
- CALM: Cultivating Awareness and Living Mindfully
- Moving On from Separation & Divorce
- Bereavement Support Group
- Managing Sleep Difficulties
- Step-By-Step (LIFT Health Walk)
- Wellbeing after Baby
- Healthy Minds (16-18 year olds)
- Assertiveness
- Feel/Write group
- Living Well with Type I Diabetes
- Living Well with Type II Diabetes (*Silvercloud online CBT also available for Diabetes type I and II*)
- Healthy Habits for Body and Mind
- Living Well with Long-Term Pain
- Living Well with Fatigue
- Living well With Fibromyalgia
- Living Well after Stroke
- Living Well with COPD (*Silvercloud online CBT also available for COPD*)
- Living Well with Coronary Heart Disease (*Silvercloud online CBT also available for CHD*)

Psychology Practitioners in your GP Surgery

One to one, short term support is available with a Psychology Practitioner in all GP Surgeries across Swindon. To make an appointment, contact your GP Surgery reception directly and book in with the LIFT Psychology Practitioner (generally called the surgery counsellor)

To find out more:

To find out more about our psychology courses please contact us :

By phone: (01793) 836836

Online: <http://lift-swindon.awp.nhs.uk/>

By post: LIFT Psychology Swindon
2nd Floor Old Town Surgery
Curie Avenue, Swindon,
SN1 4GB

What Next?



This booklet gives you some ideas of local activities, education, and sources of further support.

Community Health and Wellbeing:

• **Clubs and Societies in Swindon**

From gardening to choirs, dance classes to film societies and everything in between. If you're thinking of a new hobby, here's a great list of local clubs/societies:

www.swindonweb.com/event/index.asp?m=311

• **Swindon Health Walks**

A friendly guided 40-60min walk at a leisurely pace.

These take place across Swindon as well as a walk

specifically for people who have accessed LIFT

Psychology. Find out more about the walks on the website:

<https://www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks>

• **Swindon Park Run**

A friendly 5km run every Saturday at Lydiard Park;

whether you want to be involved as a runner or a

volunteer and helper, find out more on the website:

<http://www.parkrun.org.uk/swindon/>



Volunteering: Volunteering is a great way to meet people, learn new skills, boost your confidence, make a difference and have fun.

- **Volunteer Centre Swindon:** Extra support is available to help you find the right role for you

Address: 1 John Street, Swindon, SN1 1RT

Tel: 01793 420557

Website: www.swindonvolunteers.org.uk

Employment Support: Research shows being at work enhances our mental health and sense of wellbeing.

- **Learndirect:** Supporting people into work with training, career advice and job search facilities. Free to some groups.
Tel: 01793 436600 Website: www.learndirect.com
- **Citizen's Advice Bureau:** Providing information to help people resolve employment, money, legal and other problems by providing information.
Address: Sanford House (College Street Entrance), SN1 1QH
Tel: 0844 499 4114 Website: www.citizensadvice.org.uk

Education: Learning something new is a great way to meet new people and boost your confidence.

- **Swindon College:**
Address: North Star Avenue, Swindon, SN2 1DY
Tel: 0800 731 2250
Website: www.swindon-college.ac.uk
- **New College:**
Address: New College Drive, Swindon, SN3 1AH
Tel: 01793 611470
Website: www.newcollege.ac.uk



Local Support Services:

- **Swindon MIND:** Social groups, community programmes, employment support services, small group workshops and 1-1 counselling around Self Harm (delivered by PASH).
Tel: 01793 432031
Website: www.swindonmind.org
- **Carers Support:** Providing support, advice and care for carers.
Tel: 01793 531133
Website: www.swindoncarers.org.uk
- **Swindon Drug & Alcohol Service:** Advice and counselling service to help people with alcohol and drug problems.
Tel: (01793) 611870
Website: <http://www.changegrowlive.org/content/swindon-treatment-and-recovery-service>

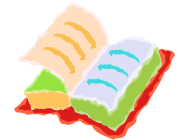
- **DASH (Discovering Autistic Spectrum Happiness):** Providing support for adults of working age with Asperger's and other high functioning Autistic Spectrum Conditions.
Tel: 07554 665715 Website: www.dashswindon.com
- **SAM (Swindon Advocacy Movement):** User led organisation which supports individuals to have their views/voice heard.
Tel: 01793 542575
Website: <http://swindonadvocacy.org.uk/>

Other Local Activities: Becoming involved in local events is great for giving a sense of belonging.

- **University of the Third Age:** Organisation for the retired providing education and leisure opportunities.
Address: U3A Office, Gorse Hill Community Centre, Chapel Street, Swindon. SN2 8DA
Tel: 01793 614629
Website: www.swindonu3a.org.uk



- **Sure Start Children's Centres:** Centres that bring together early education, childcare, health and family support.
Website: http://www.swindon.gov.uk/info/20045/family_support_services/491/childrens_centres_in_swindon
- **Libraries:** Swindon libraries offer more than just books—find out more about events being held in Swindon libraries.
Website: www.swindon.gov.uk/libraries



Relationship support: Most relationships face difficulties at some point and talking to a relationship counsellor can help.

- **Relate:** Relationship counselling, sex therapy and advice service.
Tel: (01793) 495190
Website: www.relateglos.co.uk

