

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)
 - Effective Communication
 - Feel/Write group
 - Living Well with Type I Diabetes
 - Living Well with Type II Diabetes
 - 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
 - Living Well with Coronary Heart Disease
 - Managing Stress at work
 - Client Feedback Session
- Also available:
Silvercloud– online CBT programmes
(liftpsychology.silvercloudhealth.com/signup)

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.

To find out more:

You can contact us :

By phone: (01793) 836836

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

Facebook: @SwindonLIFT Twitter: @LiftPsychology

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/walk/search/Swindon>

• **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. Speak to your psychology practitioner for current options.

- **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: 03444 994 114 Website: [https://](https://www.citizensadviceswindon.org.uk/)

www.citizensadviceswindon.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: 01793 491591

Website: <https://www.swindon.ac.uk/Home.aspx>

- **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 IMPACT Drug & Alcohol Service:** Advice and counselling service to help people with alcohol and drug problems.

Tel: 01793 328150

Website: <http://wellbeing.turning-point.co.uk/swindon-and-wiltshire/>

- **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/>

- **Women's Aid:** Providing a range of support for anyone experiencing domestic abuse. They provide both specialist emergency refuge for women and children fleeing violence and abuse and a community service which provides outreach support to both female and male victims, including those in same sex relationships.

Tel: 01793 610610 (24 hour helpline)

Website: <http://www.swindonwomensaid.org/>

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.

Website: www.relate.org.uk

