

## **OPEN MYND**

Open Mynd is a new dynamic wellbeing project that combines training and therapeutic interventions developed by Catalyst Counselling CIC to support people who face difficult and complex circumstances including anyone who has been unemployed for over a year and is struggling to manage issues of anxiety or stress.

The project will initially be piloted in Great Yarmouth and Gorleston, with a focus on improving individuals' wellbeing and life skills, with outcome measurements to demonstrate improvements in self-esteem, self-confidence and optimism.

The pilot is being delivered in partnership with East Coast College's Norfolk Community College Network as part of the Building Better Opportunities Programme and with other local agencies who aim to help people make the most of the employment, volunteering and training opportunities open to them.

Activities will centre on a four session training programme running once weekly for two hours followed, for those who opt for it, by a block of once a week one-to-one counselling running over a further six week period.

It is expected that a number of participants may wish to take up the opportunity of counselling to work through concerns that may have arisen for them or to help them think through the next challenges in their journey onwards.

The title 'Open Mynd' summarises the purpose and structure of the project.

'Open': for those people who, for various reasons, find that the possibilities of new opportunities in life seem closed, or a sense of optimism may always have seemed distant and unattainable.

The project will help people to think about themselves, their communities and their potential in new, creative and imaginative ways; and to be open to the possibilities and challenges of change.

'Mynd' stands for Me, You and Do. The four weekly sessions will provide three separate groups of up to 15 participants with (mainly!) fun and interactive training in:

**Me:** (week 1) Being mindful- thinking about how to cope better with stress and things that hold us back from realising our potential.

**You:** (week 2) Mind-mindedness and looking at interpersonal skills.

**Do:** (part 1- week 3) Being aware of stuff that has happened- including changes, losses and difficulties in the past that may have led to where we are now; and helping us to be more compassionate with the selves that we have become.

**Do:** (part 2- week 4) What we can do to change things- psychological first-aid and Five Ways to Wellbeing. Thinking about moving on and actively seeking support from other people and groups on the next steps in life. Looking at hopes and fears about getting into the world of work and re-engaging more positively in social life.

The project will measure outcomes using recognised metrics with the potential to provide the option of follow up sessions with participants and longer term outcome assessment.

If you would like to find out more about the Open Mynd Project, to register an interest in attending or how to refer people to the project or our other services, please use the contact details provided below.

Catalyst Counselling

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Norfolk

Community College

Catalyst Counselling CIC

44 Alexandra Road, Lowestoft, Suffolk NR32 1PJ

(Company No. 8894088)

T: 01502 516957

E: [anguslyon@catalyst-wcs.org.uk](mailto:anguslyon@catalyst-wcs.org.uk)

W: [www.catalyst-wcs.org.uk](http://www.catalyst-wcs.org.uk)