



## Valleys Steps Self Help Courses

Community based self help courses are available in this area, they are free and are being delivered by Valleys Steps in partnership with Communities First and supported by Cwm Taf UHB

- The courses help people to better understand and manage their feelings and thereby improve their well-being.
- Courses are 'walk in' and being delivered in venues across Rhondda Cynon Taf and Merthyr Tydfil. There is no need to book a place
- All adults are welcome, no one is expected to speak during the sessions and anyone attending is welcome to bring a friend

The Courses available are:

### **Stress Control<sup>©</sup>**

- This course is based on Cognitive Behavioural Therapy (CBT) techniques
- The Course aims to help people understand the causes of stress and how to manage its symptoms

### **Mindfulness**

- This course is based on Acceptance and Commitment Therapy (ACT) with some meditation
- Mindfulness is a technique that once learnt can be useful throughout your life

# Mindfulness

## **What is Mindfulness?**

Mindfulness is a way of relaxing your mind...

You may have tried other forms of relaxation training before which taught you how to relax your body and to think of nice places and listen to music.

Mindfulness is not like these.

## **How long does each class last?**

Each class lasts one and a half hours.

## **Do I have to talk in front of the others?**

Nobody has to say anything at all if they don't want to - nobody will make you speak. Nobody is expected to talk about their personal problems in the session, that's not the purpose of the course. The class is educational.

## **What are the classes for then?**

Mindfulness is a technique - something that once you've learned how to do it you will always be able to use when you need to so it will be helpful all your life. The best way to describe it is to say that it's a way of learning to relax your mind. Once you know how to do it you can use it whenever you need even if you start to feel worried or bothered about the things which seem to bother you at the moment.

## **What happens in the classes?**

The class is split into 2 parts. During the first hour there is usually a very short (about 2 minutes) meditation, then the member of staff will talk about that week's lesson, tell a little story. During the last part there will be a longer meditation exercise. All the time you stay sitting in the chair. Nobody is judged about how well they are doing. Everyone learns at their own pace. You can't do it wrong.

## **What sort of people does it help?**

Mindfulness can be useful for everyone. It has been used in hospitals in the USA with people with heart problems and high blood pressure. It has also been used to help people with pain problems. It can be very helpful for managing stress, for people who get depressed as well as those who often feel anxious for no good reason. It can also be used by people who have thoughts they do not wish to have. It can also help us to boost our general wellbeing

# Stress Control

## What is Stress Control?

Stress Control is a class that aims to turn you into your own therapist by teaching you a range of skills you can use to fight back against the stress. It is based on a therapy called Cognitive Behavioural Therapy. This is used widely for problems. The course was devised 26 years ago and is used all over the country.

## How long does each class last?

Each class lasts one and a half hours.

## Do I have to talk in front of the others?

First of all nobody has to say anything at all if they don't want to - nobody will make you speak. Nobody is expected to talk about their personal problems in the session, that's not the purpose of the course. The class is educational.

## What are the classes for then?

It is for people who want to learn some ways to control common problems such as stress, anxiety, low mood, panic, poor sleep, burnout, loss of confidence or low self-esteem.

## What happens in the classes?

**Each session covers a different element of stress control:**

**Session 1 – Information about Stress** - You will find out what stress is and what it is not, the main signs, the vicious circles that keep it alive and how Stress Control works.

**Session 2 - Controlling your body** - We get down to tackling stress in this session. You will learn how your body signs feed stress. We look at why we get stressed and how the body reacts to it. You will learn three skills - breathing retraining, exercise and progressive relaxation and look at caffeine

**Session 3: Controlling your thoughts** - You will learn how your thinking feeds stress. We will teach you ways to 'think your way out of stress'

**Week 4: Controlling your actions** - This session looks at how the way we act feeds stress. You'll learn ways to face your fears and a skill called 'Problem Solving'.

**Week 5: Controlling your panic** - Panicky feelings are part and parcel of stress. This session teaches you ways to control them. We will teach you about using your breathing to calm your body and, hence, your mind.

**Week 6: Controlling your sleep, Wellbeing and Controlling your future** - Poor sleep is often a result of stress. So, in this session, we will look at skills to help you get a good night's sleep. Wellbeing starts the final set of skills as we look at ways of staying on top of stress.



## Valleys Steps Timetable January 2017

**Week beginning 09/01/17**

### Evening

Mindfulness	Mindfulness	Stress Control	Stress Control
<b>Cynon</b>	<b>Taff Ely</b>	<b>Rhondda</b>	<b>Merthyr</b>
<b>Monday 9th Jan</b> 6.00pm-7.30pm  Abercwmboi RFC Cardiff Road Aberaman CF44 6AX  Upstairs conference room	<b>Wednesday 11<sup>th</sup> Jan</b> 5.45pm - 7.15pm  Llantrisant Leisure Centre Llantrisant CF72 8DJ  3rd Floor Conference Room	<b>Tuesday 10<sup>th</sup> January</b> 6pm -7.30pm  The Pop Factory Jenkin Street Porth CF39 9PP  Ground Floor room-front entrance off carpark	<b>Monday 9<sup>th</sup> Jan</b> 6pm - 7.30pm  St Matthias Church Oaklands Terrace Treharris CF46 5RG  In the Church

### Daytime

Mindfulness	Mindfulness	Mindfulness	Stress Control
<b>Taff Ely</b>	<b>Rhondda</b>	<b>Cynon</b>	<b>Rhondda</b>
<b>Thursday 12th Jan</b> 10.00am -11.30am  <b>Rhydyfelin Methodist Church</b> Poplar Road Rhydyfelin Pontypridd CF37 5LS  In Church Hall	<b>Friday 13th Jan</b> 10.00am - 11.30am  <b>Treorchy Library</b> Station Road Treorchy CF42 6NN  In the Community Room	<b>Monday 9th Jan</b> 10.00am -11.30am  <b>Abercynon Library</b> Ynysmeurig Road Abercynon CF45 4SU  In Upstairs room	<b>Tuesday 10th Jan</b> 10.00am - 11.30am  <b>Capel Farm Resource Centre</b> Heol Ty Llwyd Tonyrefail CF39 8LW  In the Glyn Suite

## Week beginning 30/01/2016

### Evening

Stress Control	Mindfulness	Mindfulness
Taff Ely	Rhondda Fach	Merthyr
<b>Thursday 2nd Feb</b> 6.00pm - 7.30pm  <b>Hawthorn Leisure Centre</b> Fairfield Lane Pontypridd CF37 5LN  In the 2 <sup>nd</sup> Floor Meeting Room	<b>Tues 31st Jan</b> 6.00pm-7.30pm  The Arts Factory Trerhondda The Strand Ferndale CF43 4LY  Room directly off the Entrance on High Street	<b>Wednesday 1st Feb</b> 6.00pm - 7.30pm  <b>Voluntary Action Merthyr Tydfil</b> 89-90 High Street Pontmorlais Merthyr Tydfil CF47 8UH  Upstairs room

### Daytime

Stress Control	Stress Control	Mindfulness
Taff Ely	Cynon	Merthyr
<b>Friday 3rd Feb</b> 2.00pm-3.30pm  <b>Pontypridd Museum</b> Bridge Street Pontypridd CF37 4PE  Room downstairs	<b>Wednesday 1st Feb</b> 2.00pm-3.30pm  <b>Green Street Methodist Church</b> 28 High Street Aberdare CF44 7AA  In the Church hall- Entrance is at the side	<b>Thursday 2nd Feb</b> 2.00-3.30pm  <b>Dowlais Library</b> Church Street Merthyr Tydfil CF48 3HS  In The John Owen Suite

## Week Beginning 20/02/2016

### Evening

Stress Control	Stress Control	Mindfulness	Mindfulness
<b>Cynon</b>	<b>Taff ely</b>	<b>Rhondda</b>	<b>Merthyr</b>
<b>Monday 20th Feb</b> 6.00pm-7.30pm  <b>Abercwmboi RFC</b> Cardiff Road Aberaman CF44 6AX  Upstairs conference room	<b>Wednesday 22nd Feb</b> 5.45pm - 7.15pm  <b>Llantrisant Leisure Centre</b> Llantrisant CF72 8DJ  3rd Floor Conference room	<b>Tuesday 21st Feb</b> 6.00pm - 7.30pm  <b>The Pop Factory</b> Jenkin Street Porth CF39 9PP  Ground Floor room-front entrance off carpark	<b>Monday 20th Feb</b> 6.00pm- 7.30pm  <b>St Matthias Church</b> Oakland Terrace Treharris CF46 5RG  In the Church

### Daytime

Mindfulness	Stress Control	Mindfulness	Mindfulness
<b>Taff ely</b>	<b>Rhondda</b>	<b>Cynon</b>	<b>Rhondda</b>
<b>Thursday 23rd Feb</b> 10.00am - 11.30am  <b>Rhydyfelin Methodist Church</b> Poplar Road Rhydyfelin Pontypridd CF37 5LS  In Church Hall	<b>Friday 24th Feb</b> 10.00am-11.30am  <b>Treorchy Library</b> Station Road Treorchy CF42 6NN  In The Community room	<b>Monday 20th Feb</b> 10.00am-11.30am  <b>Abercynon Library</b> Ynysmeurig Road Abercynon CF45 4SU  Upstairs Room	<b>Tuesday 21st Feb</b> 10.00am-11.30am  <b>Capel Farm Resource Centre</b> Heol Ty Llwyd Tonyrefail CF39 8LW  In the Glyn Suite

**Week beginning 13/03/2017**

**Evening**

<b>Mindfulness</b>	<b>Stress Control</b>	<b>Stress Control</b>
<b>Taff Ely</b>	<b>Rhondda Fach</b>	<b>Merthyr</b>
<p><b>Thurs 16th March</b> 6.00pm - 7.30pm</p> <p><b>Hawthorn Leisure Centre</b> Fairfield Lane Pontypridd CF37 5LN</p> <p>In 2nd floor Meeting Room</p>	<p><b>Tues 14th March</b> 6.00pm-7.30pm</p> <p>The Arts Factory Trerhondda The Strand Ferndale CF43 4LY</p> <p>Room directly off the Entrance on High Street</p>	<p><b>Weds 15th March</b> 6.00pm - 7.30pm</p> <p><b>Voluntary Action Merthyr Tydfil</b> 89-90 High Street Pontmorlais Merthyr Tydfil CF47 8UH</p> <p>Upstairs room</p>

**Daytime**

<b>Mindfulness</b>	<b>Mindfulness</b>	<b>Stress Control</b>
<b>Taff Ely</b>	<b>Cynon</b>	<b>Merthyr</b>
<p><b>Fri 17th March</b> 2.00pm-3.30pm</p> <p><b>Pontypridd Museum</b> Bridge Street Pontypridd CF37 4PE</p> <p>In the Downstairs room</p>	<p><b>Weds 15th March</b> 2.00pm-3.30pm</p> <p><b>Green Street Methodist Church</b> 28 High Street Aberdare CF44 7AA</p> <p>In the Church hall- Entrance is at the side</p>	<p><b>Thurs 16th March</b> 2.00pm-3.30pm</p> <p><b>Dowlais Library</b> Church Street Merthyr Tydfil CF48 3HS</p> <p>In the John Owen Suite</p>

**For Further Details Please check our website**

**[www.valleyssteps.org](http://www.valleyssteps.org). Call us on 01443 803048 or e-mail – [info@valleyssteps.org](mailto:info@valleyssteps.org)**