



Recovery and Inclusion Service

## CPSL Mind GoodLife Service

As part of our Good Life Service, we offer a number of community initiatives aimed at encouraging community connectivity and increasing wellbeing skills.

These ordinarily take place in cafes and other locations at the heart of our communities. However, we are now bringing these directly to you to participate in from home using Zoom video calls.

You can sign up to join the virtual sessions detailed below by emailing us at [goodlife@cpslmind.org.uk](mailto:goodlife@cpslmind.org.uk) or calling us on 0300 303 4353.

We'll then send you a private link and password which you can use to safely and securely join.

### Virtual Good Mood Cafes

Good Mood cafes are informal 'get togethers' designed to connect individuals to other like-minded people within their communities; offer wellbeing support and share interests and skills.

We hope to connect people who live in the same district and begin to build a community online that eventually will migrate back into their local Good Mood Cafe and continue to connect in person.

We'll have a cuppa and chat and while it's okay not to be okay, we hope that by joining you'll feel a bit better than you did before you came:

### Virtual Open Door calm space

Our Open Door calm spaces offer somewhere to turn if you're looking for a bit of space and tranquillity.

These sessions offer guidance on self-help techniques which can help you to 'ground yourself' and feel better – both in that moment and in the future.

Join in, relax and connect with others looking to develop their wellbeing practices:

### Virtual Peer Support Groups

There are currently spaces available on a number of our Peer Support Groups, which we're currently hosting online, including our Hearing Voices group, Five Ways to Wellbeing and Personality Disorder groups.

### Qwell – Online Wellbeing Support

Adults in Cambridgeshire and Peterborough can now sign up to Qwell – a free online support and wellbeing community – as part of our Good Life Service.



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You can join Qwell immediately and anonymously through any connected device to gain access to the following support:

### **Chat based counselling**

Counsellors are available on Qwell between 12pm and 10pm on weekdays and between 6pm and 10pm on weekends. You can either drop in to a chat queue or book a specific time slot for a future date.

### **Online peer support**

Qwell's moderated online forums provide a strong community, offering advice and support.

You can join to start your own topics or be there for others who are already looking for support.

### **Self-help resources**

You have the option of keeping your own, confidential online journal to track your mood.

There is also the opportunity to set and track your own goals to support your recovery or maintain your wellbeing.

Visit <https://www.qwell.io/> to sign up and login.

### **Coming soon**

We are happy to communicate that the following will be offered in the near future:

- Peer mentor training
- Anger management workshops
- The GoodLife fund (this will be an opportunity for individuals to apply for a small grant of money in order to set up your own community group.)
- Tool kit cafes- a chance to build and create your own recovery and wellbeing toolkit within a group setting.
- A personality disorder specific support service.