



THREELEAVES

Funded By



**United
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Circle Of Resilience Academy

A Guide For Professionals

Improving the wellbeing,
opportunities and their community
for people in Blackpool,
Fylde and Wyre

For
Wellbeing

For
Volunteering

For
Employment
& Enterprise

We help people improve their wellbeing with brain and body activities, support them to do great things in their community by volunteering, and provide small business setup advice and skills to get back into work.

By referring your patient we can enable people in these key areas which will increase their overall quality of life

Our Partners

Circle Of Resilience Programme: Wellbeing

Condition
Management,
Mental Wellbeing & Fitness

Free Wellbeing & Fitness Programme

4 Weeks of FREE Classes

Our weekly classes give people an opportunity to take part in activities which help them to improve both emotional and physical wellbeing and include Mindfulness, Qigong, Tai Chi and Live Happy.

Wellbeing Workshops

All our classes are designed to help people improve their physical and emotional wellbeing, particularly for those with mental health problems and chronic pain conditions.

How people can get involved

Referral & Self-Registration available online using our secure forms at www.threeleaves.org. Call Paul on 08451630104 or email cora@threeleaves.org.

Circle Of Resilience Programme: Volunteering

Volunteer
Training
& Opportunities

Do something great and get into Volunteering

Co-Facilitator Training

Train as a Co-Facilitator delivering your own Wellbeing Workshops for us
Introduction to Co-Facilitating, Wed 18th Oct, 10am – 1pm, Fleetwood

Volunteer Training

A 6 week course provided to help you get the basics of volunteering
Skills For Volunteering, Wed 6th Sept – 11th Oct, 10am – 1pm, Fleetwood

Volunteer Opportunities

Register your interest in volunteering opportunities with our partners

How people can get involved

Referral & Self-Registration available online using our secure forms at www.threeleaves.org. Call Paul on 08451630104 or email cora@threeleaves.org.

Circle Of Resilience Programme: Employment

Employment
Self-Employment
& social enterprise

Real help for you to get into work

Back To Work for over 50's

Struggling to find work? Advice and guidance is available to help you get started

Set Up in Social Enterprise

Support from one of our Partners to help you with setting up your own social business.

Self-Employment

Live in Blackpool and want to set up your own business? Help is here for you to start working for yourself

How people can get involved

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What Is...

Mindfulness

What is Mindfulness?

Mindfulness is the cultivation of a particular state of mind. This state of mind focuses on consciously directing attention to the present moment with an attitude of non-judgement.

How it helps

As is often the case with conditions from stress to anxiety and depression people's attention is focused on thoughts about the past and worries about the future. It is when this attention to the past or future becomes obsessive that people begin to suffer. Mindfulness helps to refocus people's attention into the present and reduce conditions such as ruminating, depression and stress.

How we teach it

There are many ways to practice Mindfulness. At ThreeLeaves we provide weekly Mindfulness Meditation classes to help people cultivate and maintain within a group setting the state of mind required to alleviate depression, stress and other conditions.

More Info

NHS Choices Website

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mindfulness>

Mental Health Foundation

<https://www.mentalhealth.org.uk/a-to-z/m/mindfulness>

What Is...

Tai Chi & Qigong

What is Tai Chi and Qigong?

Tai Chi Chen is a style of Martial Art, originating from China over 1,000 years ago. Tai Chi Chen is a style which comprises many forms including Tai Chi Forms and Qigong. Valuable physical tools which incorporate exercises with breathing techniques and elements of mindfulness.

How it helps

Tai Chi can help with mental health conditions in the same way Mindfulness does, and also helps with physical health in general, and more specifically people who are vulnerable to falls such as over 60's. Tai Chi can help improve physical posture, balance and mobility, and as part of a weight loss programme with potential benefits to reduce obesity and the likelihood of Diabetes.

How we teach it

At ThreeLeaves we provide Tai Chi and Qigong as two separate weekly classes, enabling people to choose which of these is most suitable depending on their current health. Both are taught within a group setting to enable people not only learn these valuable techniques, but also to meet like-minded people and help some people feel much less socially isolated.

More Info

NHS Choices Website

<http://www.nhs.uk/Livewell/fitness/Pages/taichi>

What Are... Wellbeing Workshops

What are our Wellbeing Workshops

Our workshops cover such a wide range of topics to support people improve their wellbeing from helping them to develop their knowledge around subjects such as sleep, nutrition and how to increase their happiness, to learning new creative skills like mindful art and origami.

How it helps

Our workshops are about a number of things, firstly helping people to continue learning something new whether about what sleep is and how to improve it, our workshops help bring people together, having fun, making friends and for particularly vulnerable people helping them out of social isolation. All of these have been thoroughly evidenced by the New Economics Foundation as ways in which people can make significant improvements to their wellbeing and their lives overall.

How we teach it

Some of our workshops can be joined as one off's, and others are good as single workshops and even better as part of a course such as our Live Happy sessions which together help people to create their own positive change in their lives. All of this within a socially inclusive group setting.



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