

# SAFE

Self Advocacy For Empowerment

## A NEW LOOK AT RECOVERY AND CONFIDENCE BUILDING

### WHAT IS THE AIM OF SAFE ?

To build confidence in speaking up for yourself, representing your own wishes. The SAFE programme helps you to develop your skills and confidence so that you do feel more able to express your views and bring about changes that are important to you.

### HOW DOES SAFE WORK ?

The programme is tailored to meet the needs of those taking part and the sessions are chosen in consultation with those people who attend. So far we have offered a wide range of courses and these are open to anyone who has concerns about their mental health. Sessions have included topics such as assertiveness, personal presentation and communication skills, recognising your strengths and weaknesses, managing time and priorities, negotiation skills, managing personal change, preparing for meetings and handling anxiety - all things that are important in our everyday lives.

SAFE improves your confidence, communication and listening skills and helps you to be more assertive. Self-advocacy doesn't mean going it alone! You can always ask for the support of an advocate.

COURSES TO HELP YOU BE THE BEST VERSION OF YOU

The sessions are offered three times a year on a rolling programme. This means that if you miss something of particular interest there will be opportunities in the future to attend. You can opt in to one or more of the sessions.

### COURSES ARE FREE-

In addition, we are able to cover your transport costs so that you are never out of pocket when you come to our sessions. Refreshments, including healthy snacks and hot and cold drinks are provided free of charge.

### AREAS COVERED

SAFE is available to residents of Flintshire and Conwy Counties

SAFE is useful, interesting and FUN! You will come away from each session with lots of valuable hints and tips for improving your existing skills.

### FEEDBACK

*"I really enjoyed all the courses, I got such a lot out of it; it has been a very positive and practical help, and it has given me a lot to think about."*

*"SAFE has helped me be more positive and active, since attending I have now joined a local walking group which I would have never done previously due to my lack in confidence"*

Find out more or book a place on a course:

Contact Sarah or Clive

01352 759332

07803628299

07803628303

Email [safe@asnew.org.uk](mailto:safe@asnew.org.uk)

# COURSE PARTICIPANT COMMENTS

*"Since coming to SAFE courses others have said I am more confident and happy, more relaxed, better at expressing my feelings and not as negative as I was. There is still a long way to go., but it's a start. I said at the start, it would have to be something/ someone special to change my way of thinking,, in such a short period of time I now know, that if something doesn't work, I will try another way."*

*"I have had a boost in self confidence and am starting to look more positively, more often."*

*"Sarah & Clive are fantastic! They made me feel so at ease. They know that not everyone us the same so they help each individual by highlighting parts of each session that could be more appropriate to the individual. They have total empathy with everyone. The sessions felt like a family environment towards the end."*

*"SAFE has saved my life, I don't think I would have been here now if it wasn't for coming here"*

*"I love meeting new people and getting to converse with people who are not my family or close friends. SAFE means I can have some social interaction in a "safe" environment with people who likely have an understanding of mental and physical health issues. Best of all, I can do this whilst attending a session where I will learn new ways to improve my wellbeing."*

*"The friendly atmosphere and the understanding and respect all the client's have for each other is very important."*

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