

Who's doing this, and why?

We know that life has its challenges, for example leaving work, loneliness, money worries and bereavement, and these can all affect our wellbeing.

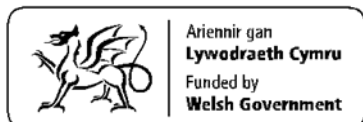
My Generation was developed by Mind Cymru in partnership with Age Cymru and local Minds, and is designed to help people over 50 to stay well by improving their resilience.

My Generation is funded by Welsh Government and delivered by your local Mind.



My Generation feeling better together

Chepstow group starts October 2019,
call to book your place



Mind is registered charity no. 219830



What's it all about?

My Generation is a free programme to help those of us over 50 improve our wellbeing, together.

What does it involve?

Over **eight** free weekly sessions, you can learn all about staying mentally well while enjoying activities, spending time with others, and finding ways to make connections in your community. Activities vary, but could include crafts, talks or gentle exercise.

Each session is two hours long, with one hour spent on the weekly topic and one hour on a wellbeing activity.

Week 1: Exploring helpful and unhelpful thinking

Week 2: Exploring stress

Week 3: Exploring feelings (part one)

Week 4: Exploring feelings (part two)

Week 5: Exploring loss, grief and renewal

Week 6: Exploring relaxation and mindfulness

Week 7: Exploring problem solving

Week 8: Exploring connections

You'll also have the chance to learn about other projects in your area that could help you, and find out how you can help others.



How do I get involved?

Just get in touch or pop in and see us.

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Get involved

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