

Flourishing Minds

Mental Wellbeing for
Blackburn with Darwen



brought to you by



Flourishing Minds

Mental Wellbeing Service

What is Flourishing Minds?

Flourishing Minds is a mental wellbeing service in Blackburn with Darwen. It offers a range of wellbeing support and activities for local residents to help them to live a happier and more fulfilled life.

Flourishing Minds is a partnership between local organisations, Lancashire Mind, One Voice, Age UK and the Wellbeing Service. We work together to provide information, advice and wellbeing support designed to improve mental health and wellbeing.

Who is it for?

Anyone who is aged 18 or older, lives in Blackburn with Darwen, or is registered with a Blackburn or Darwen GP can access the service for free.

What support is available?

Each organisation offers different levels of support. From social inclusion activities to wellbeing checks, group workshops and 1 to

1 coaching. Residents can speak to a member of the team and decide which of the service offers they feel they would most benefit from. There are more details about the support available in this booklet.

Some of the support we offer can be accessed in a way that is most suitable for you. We can offer support face-to-face or if you prefer, online or over the phone.

How do I access the service?

We accept referrals from professionals, or you can make a self-referral. To make a referral, you can contact The Wellbeing Service, your GP, or any of the project partners.

“for the first time in years I feel like there is light at the end of the tunnel”

mind Lancashire



About Lancashire Mind

We are a local mental health charity who are passionate about improving mental wellbeing for everyone. We deliver a range of offers through Flourishing Minds to support people across the borough to improve their mental wellbeing.

Community Workshops

Our community workshops explore the 5 ways to wellbeing and learn techniques to manage and overcome stress.

Group Wellbeing Coaching

Wellbeing Coaches deliver topic based groups which support residents to learn more about managing mental health challenges. Group Coaching runs for 4 or 6 sessions and can be based on topics such as sleep,



Stress, confidence & self esteem, anxiety, low mood and general wellbeing.

1 to 1 Wellbeing Coaching

We offer 6 sessions of 1 to 1 Wellbeing Coaching for people experiencing early signs of poor mental health. You will put together a personal wellbeing action plan, identify barriers to good mental health and build resilience and coping strategies through evidence based tools.

Community Wellbeing Challenge

The Community Wellbeing Challenge is a 12 week programme which brings together a team of residents who are passionate about the wellbeing in their local community. Participants will develop knowledge around mental health and build confidence and skills, improve the wellbeing of their neighbours and local community.

Contact us

Email us at flourishingminds@lancashiremind.org.uk



About One Voice

One Voice Blackburn lives in the heart of the Blackburn community and works to address the inequalities and isolation that affect Blackburn people. Our aim is to create a future vision in which all residents irrespective of age, disability, gender, race, religion, and sexual orientation have fair and equal life opportunities.

Through this we promote and develop the physical and mental wellbeing of the individual and provide access to all the services and facilities that exist. We look to fill gaps that exist under current local authority and national provision.



One Voice & Flourishing Minds

One Voice offer a range of support for people accessing the Flourishing Minds service. We deliver wellbeing sessions, peer support, wellbeing checks, information and signposting.

Contact Us

Get in touch to find out more about our offers and how we can support you with your health and wellbeing.

www.onevoicenetwork.org.uk

info@onevoicenetwork.org.uk

01254 676 193

One Voice Blackburn CIC
Bangor St Community Centre
Norwich Street
BB1 6NZ



About Age UK

Age UK Blackburn with Darwen is an independent local charity. We've been working in the local community to help older people for 45 years. We have 40 dedicated staff and over 100 volunteers helping us to deliver services and activities for older people within Blackburn with Darwen.

Our common cause is to help make later life fulfilling and enjoyable experience and promote the wellbeing of older people.

We work in partnership with a range of organisations to ensure the provision of a range of high quality services and activities.

**“I have hope again,
something I had
completely given up on”**

Age UK & Flourishing Minds

Age UK offer a range of support for people accessing the Flourishing Minds service. We deliver social inclusion activities, peer support, wellbeing calls, information and signposting.

Contact Us

Get in touch to find out more about our offers and how we can support you with your health and wellbeing.

**[www.ageuk.org.uk/
blackburnwithdarwen](http://www.ageuk.org.uk/blackburnwithdarwen)**

enquiries@ageukbwd.org.uk

01254 266 620

Age UK BwD
4 King Street
Blackburn
BB2 2DH

Blackburn with Darwen

WELLBEING SERVICE



About the Wellbeing Service

Blackburn with Darwen council and the Re:Fresh team are dedicated to supporting the health and wellbeing of people living and working in our borough.

The team can support you to get active, eat well, stay connected and look after your mental health. Our dedicated Health Advisors will take you through a wide range of offers and services available for you to access and based on your needs.

The Wellbeing Service & Flourishing Minds

The Wellbeing Services offers a referral pathway into the Flourishing Minds service. We

will help you to decide if the service is right for you. We will then connect you with one of our delivery partners so that you can access the support they offer.

Contact Us

Our Wellbeing Hub opening hours remain the same; 9am to 5pm Monday to Friday.

Our Wellbeing Hub Advisors are able to take referrals or self-referrals by:

- Calling us - 01254 682037
- Emailing us - wellbeing@blackburn.gov.uk
- Visiting our website - www.refreshbwd.com

How to access Flourishing Minds

You can access Flourishing Minds if:

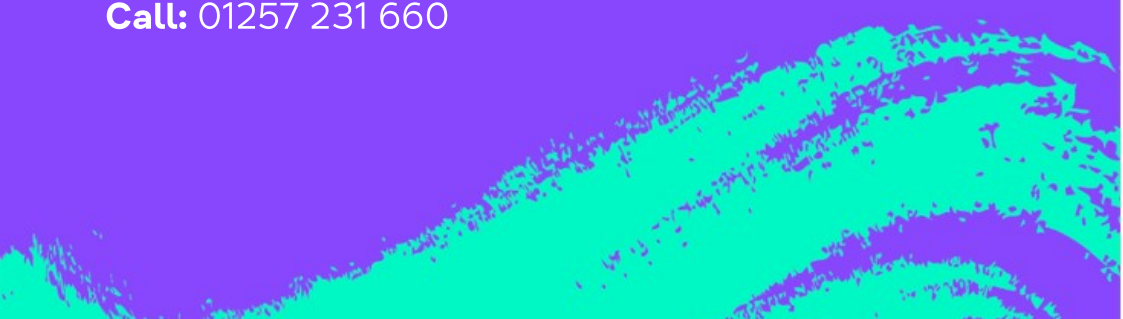
- **You are 18+**
- **You live in Blackburn with Darwen**
- **You are not currently accessing another service for mental health support**

If you wish to access any of the mental wellbeing support delivered through Flourishing Minds, you can get in touch with any of our delivery partners for more information or to make a referral.

We accept both professional and self referrals into the service. For enquiries email or call us today.

Email: flourishingminds@lancashiremind.org.uk

Call: 01257 231 660





BLACKBURN
with
DARWEN
BOROUGH COUNCIL

Flourishing Minds is a partnership service, delivered collaboratively by Lancashire Mind, One Voice, Age UK and Blackburn with Darwen Wellbeing Service, funded by Blackburn with Darwen Council Public Health.

