

## 5 Ways to Wellbeing

**CONNECT...**  
With others: your family, your friends, your community.

**BE ACTIVE...**  
Exercise. Dance. Play. Move your mood.

**TAKE NOTICE...**  
Be curious. Be aware of what is going on around you.

**KEEP LEARNING...**  
Try something new. Sign up for that course.

**GIVE...**  
Your time. Your presence. Your appreciation.

The Fortis Project is funded by SFA and BIS and delivered by MACLS, in partnership with the primary mental health agencies in Medway, to offer provision to people suffering from mild to moderate anxiety, depression and sleep disorders.

The project offers a combination of 1:1 support, a variety of courses from self-help and resilience to arts and crafts, as well as support sessions for continued wellbeing.

### Referral partner contact details:

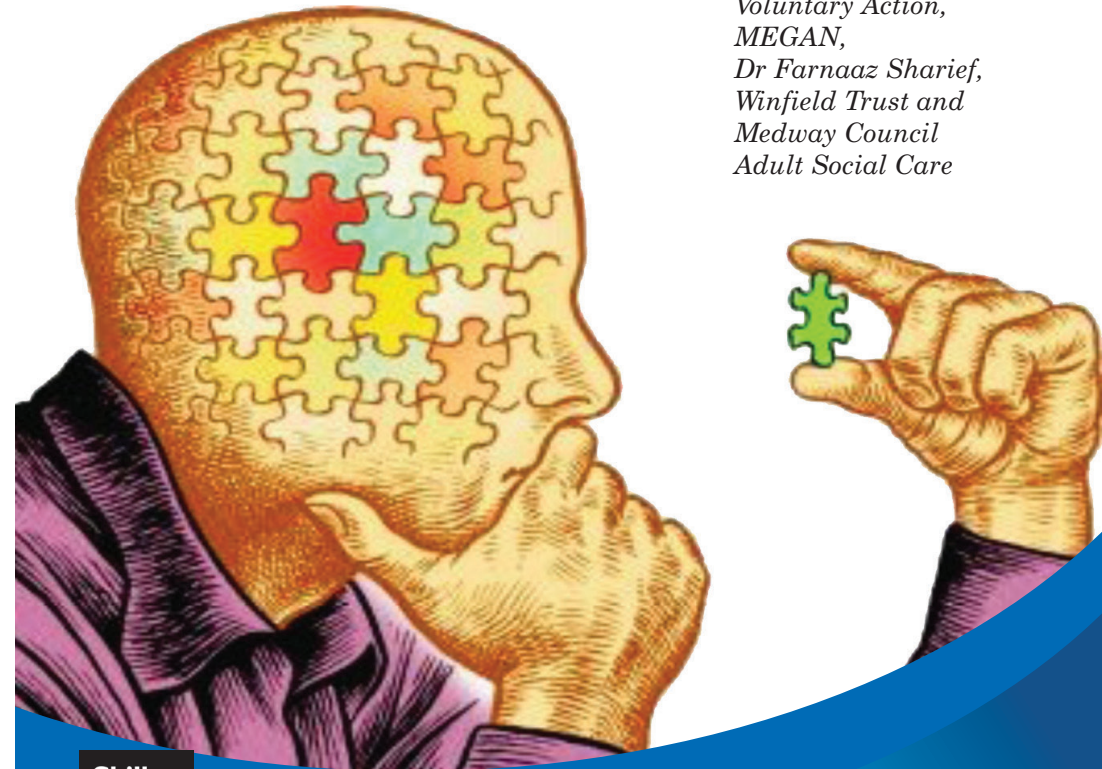
Medway Adult and Community Learning Service  
Eastgate, High Street, Rochester, ME1 1EW

Medway Adult and  
Community Learning Service

*Stressed, worried, anxious?  
Do you need a boost?*

*Create a more positive perspective  
with The Fortis Project*

*In conjunction with Mind,  
Public Health, Medway  
Voluntary Action,  
MEGAN,  
Dr Farnaaz Sharief,  
Winfield Trust and  
Medway Council  
Adult Social Care*



Skills  
Funding  
Agency

...never too late to learn

[www.medway.gov.uk/learning](http://www.medway.gov.uk/learning)  
01634 338400

**Medway**  
COUNCIL  
Serving You

Medway Adult and Community Learning Service is working with a range of partners to deliver a variety of adult education courses to promote positive mental health and wellbeing.

## 1 in 4 people have experienced mental health problems at some stage in their life

This programme is open to anyone suffering from mild to moderate depression, anxiety and sleep disorders. You can self-refer, be referred by your GP or by one of the partners in the Fortis Project.

## Engaging in learning can aid mental health and wellbeing



These courses are free, we just ask that you participate in our feedback process during your course.

## Courses available include the following

### Medway Adult and Community Learning Service

fortis@medway.gov.uk or 01634 338400

Variety of art and craft courses • Active life • Tai Chi • resilience, confidence building and self-esteem • anger management • floristry plus more

### Dr Farnaaz Sharief

kent@iahv.org.uk or 07553 959013

Manage Your Mind – stress management and health and wellbeing workshop

### Mind Maidstone and Mid Kent

mindhelp@maidstonemind.org or 01622 692383

### New Medway hub now open at 25a Victoria Street, Rochester, Kent

Selection of creative courses including cupcake making • baking • gardening • music • creative writing

### MEGAN

enquiries@megancic.org.uk or 01634 402077

Various activity sessions, arts and crafts

Learner forum monthly from 24/7/151-3pm at **MVA**, New Road, Chatham

Coffee and chat groups, weekly from September, based at **MACLS** Rochester

### Winfield Chatham

winfield\_chatham@btconnect.com or 01634 848886

Internet understanding and awareness IT courses

fun, interactive courses and drop-in sessions

More courses will be added to the programme until March 2016.

If you are interested in becoming involved, we have opportunities for mentoring and volunteering with full training given.

## How to access

Either by being directly referred by one of our partners, details above, quoting 'Fortis Project' or by contacting

**fortis@medway.gov.uk**

leaving your contact details, and one of the team will be in touch.