

A Welsh translation of this leaflet is available on request
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advance brighter futures

a helping hand for people's mental wellbeing



WHAT IS ADVANCE BRIGHTER FUTURES?

Advance Brighter Futures (ABF) is a mental health and wellbeing charity, established in Wrexham since 1992. Our services offer people a confidential space to build emotional wellbeing and resilience, helping you to get on track to where you want to be or to recover from a particularly bad time in your life. We've helped hundreds of people build happier and more fulfilling lives and we're very passionate about what we do.

What support is available?

We currently offer one-to-one support, group activities, a mentoring service, therapeutic group sessions, awareness and resilience courses, and a project that specifically supports new and expectant parents who may benefit from extra emotional support.

"I have never been anywhere where there is such empathy - an invitation to care."

Lifestyle coaching attendee

Can ABF help me?

Our support can help you overcome challenges such as stress, anxiety, depression, postnatal depression, low self-esteem and lack of self-confidence.

How can I access your services?

Most of our services are free and can be accessed by providing some details via a self-referral form from our website (or requesting one by post or email). Others require a specialist referral. If you want to see which service is best suited to you, please give us a call or visit our website.

"I feel I am well on my way to being a happier me again! I now know how to get through the lows and also to appreciate the highs. I know myself much better now."

Course participant

What volunteering opportunities do you offer?

You could help us in a variety of ways such as directly supporting people who use our services, helping out around the office or with fundraising activities. We couldn't operate without the work of our amazing volunteers and there are many opportunities to develop your own skills and confidence through getting involved. We value people who have experienced or have felt the effect of mental health problems. If you feel you have something to offer ABF, please get in touch.

"I am gaining so much from volunteering with ABF. Not only do I gain purpose and fulfilment from the contact with such a variety of people, but I have always been impressed by the high levels of training and support continuously on offer. It all comes in such an atmosphere of warm positive regard for all."

Bruce Robinson, Walk leader

"Having had mental health difficulties myself, I felt a duty to help people going through similar experiences. I did it, and this continues to be the most rewarding experience I've had."

Glenn Edwards, Group activities volunteer

Is there any other way I can help?

You can support the charity by:

- Visiting our website
- Liking our Facebook page
- Following us on Twitter
- Joining our mailing list
- Becoming a member
- Attending or helping out at our fundraising events
- Making a donation by visiting our website or getting in touch*

*One simple way would be to text ABFW03 and the amount you would like to donate (e.g. £5) to 70070.

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