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Welcome....

Welcome to the first edition of the Parabl Newsletter which we hope you will find informative and of interest. We are looking to circulate a newsletter twice a year, and within this we hope to offer you a real flavour of Parabl; an insight into the services we offer and the people who deliver them as well as sharing feedback from our service user group 'Talking Heads', coupled with some data and client feedback illustrating our achievements since the project began in 2013.



A Day in the life of... a Serenity CCBT Introducer

Another day of CCBT introductions – I bet you can't guess the most asked question at the beginning of an introduction? Have a go. Yes, it is 'What is CCBT'. Most people have at least heard of CBT but it's the extra C that throws them. When you unpack your laptop to start the session the penny usually drops and it all becomes Crystal Clear that the C stands for Computer.

A little more difficult is a pithy explanation of the principles of CBT. The link between our thoughts, feelings and behaviour is something we all take for granted in our busy habitual lives. It usually takes a bad experience to make us sit up and realise that the link is one of the most important things which affects our general wellbeing and that we all sometimes need to take stock and do a little bit of rebalancing...And that is where Parabl comes in.

A CCBT introduction usually takes no more than an hour. We will try to do it in a place and at a time convenient for you. We will explain in easy to understand words what 'Computer Cognitive Behaviour Therapy' is and how it can help to rebalance our lives when we have become over anxious or low in mood. The Serenity

programme, which we will show you in detail on the computer, is really user friendly and has a track record of success for people who have used it in the past. The fact that you can do the programme in your own time, at your own pace and in the way which suits you as an individual is the icing on the cake.

We always tell people not to allow their CCBT to become another stress factor in their lives. The fortnightly telephone support call will help to deal with any road blocks you may encounter and act as a motivator to keep you moving forward with the programme. And don't worry if you find things hard and the programme doesn't work for you, we have other Parabl services that you may find of benefit - group work, including Coping With Life courses, Mindfulness and then Individual Counselling.

What we do with our talking therapies is to give people the most important tool of all - HOPE; hope in the support being there when you need it; hope in the future, hope in the knowledge that you CAN recover from what you are going through – it just takes a little bit of time and effort, and a helping hand through Talking Therapies.

"Using Parabl has been the only treatment that has effectively helped me to deal with depression, anxiety and stress. I really can't say enough how much of a huge change the service has given me. I have suffered for almost 4 years and finding Parabl has completely changed my thought processes for the better. The Serenity programme has been a real lifeline for me when I was thinking that I could never receive treatment to help my depression. I now feel better than I have ever felt in my life"



Parabl Talking Therapy service provides short-term therapeutic interventions for individuals facing common mental health difficulties or challenging life events which may be impacting on their emotional well being

www.parabl.org - 0300 777 2257

Parabl groups

Many people experience anxiety, low mood, stress, low self-esteem, or worry. Coping with these emotions can affect people's self-confidence and create difficulties in their life.

At Parabl our courses are designed to help you understand what's going on and make positive changes in your life. Each course uses tried and tested Cognitive Behavioural Therapy approaches and are run by skilled and experience facilitators.

The groups run for 2 hours a week for seven weeks and are on offer from a variety of non-stigmatising venues across North Wales.

What can I expect?

By selecting a group from Parabl, you can expect to be alongside a small group of between 8-12 people experiencing similar difficulties and to learn together the relevant skills that will enable you to take control of your life and difficulties for yourself in a non-threatening, non-judgemental, friendly and informal atmosphere.

As the course has a Cognitive Behavioural Therapy framework, in particular you will examine the relationship between how your thoughts effect your emotions and how this shows in your behaviour. Sometimes we can become stuck and our behaviours are not effective in getting us what we want from life and these courses can help you to learn and utilize effective skills as well as being the first step to awareness as what might be going on for you.

The courses also utilize a goal setting and problem solving approach and on the first session, you will be asked to set a small goal that would be helpful for you to work on over the seven weeks and will help you to move forward in your life

Some of the courses also incorporate weekly Mindfulness practice and you can choose between:

Anxiety Management, Assertiveness Skills Training, and Building Self Esteem, Stress Management, Dealing With Worry. Courses run on: Anglesey, Gwynedd, Conwy and Denbighshire, Flintshire and Wrexham

Where & When

Gwynedd | Mindfulness Group

15/04/15 | 14:00 - 16:00 | 8 sessions
Venue: Celfic Royal Caernarfon

Wrexham | Building Self Esteem

15/4/2015 – 20/5/2015 | 18:00 – 20:00 | 7 sessions
Venue: 3 Belmont Road, Wrexham, LL13 7PW

Wrexham | Stress and Anxiety Management

16/4/2015 – 21/5/2015 | 18:00 – 20:00 | 7 sessions
Venue: Community Room, Tesco Extra, Wrexham, LL13 8HF

Meirionydd | Confidence and Self Esteem

April 2015 | 6 weeks) | Time & Venue: Bala TBC

Meirionydd | Mindfulness

7/5/2015 | 18:00 – 20:00 | 8 sessions (*taster session*
19/3/2015 18:00 – 20:00) | Venue: Tywyn – TBA

Tywyn | Mindfulness

07/05/15 | 18:30 - 21:00 | 8 sessions
Venue: Ysgol Uwchradd Tywyn High School, Station Road

Flintshire | Stress Management group

19/05/15 | 18:00 - 20:00 | 7 Sessions
Venue: TBC | Connah's Quay

Flintshire | Mindfulness group

30/05/15 - 24/06/15 | 15:00 - 17:00
8 Sessions plus all day practice
Venue: TBC | Mold

More dates are available on the Parabl Website

Wrexham | Mindfulness

4/6/2015 – 16/7/2015 | 17:30 – 20:00 &
One Saturday 10:00-16:00 | Venue: Community Room,
Tesco Extra, Wrexham, LL13 8HF

Flintshire | Stress Management group

15/06/15 | 18:00 - 20:00 | 7 Sessions
Venue: TBC | Mold

Gwynedd | Anxiety Management

24/06/15 | 10:00 - 12:00 | 7 sessions
Venue: Bull Hotel Llangefni

Gwynedd | Anxiety Management

25/06/15 | 10:00 - 12:00 | 7 sessions
Venue: Royal Hotel, Caernarfon.

Flintshire | Mindfulness group

10/08/15 - 29/10/15 | 15:00 - 17:00
8 Sessions plus all day practice
Venue: TBC | Mold

Flintshire | Stress Management group

08/09/15 - 20/10/15 | 18:00 - 20:00 | 7 Sessions
Venue: Connah's Quay

“Parabl helped me to understand myself better, the sessions made me see things in a different perspective of about who I am and what I can achieve in my life”



Psychological therapies and parity of esteem: from commitment to reality

The Parabl Talking Therapies Partnership is passionate and committed to the promotion of good mental health and in ensuring that those who need support are offered a choice of a brochure of services suited to meet their individual needs. We believe no one should have to face a mental health problem alone. We also strive to offer such services in as timely a manner as possible recognising the detrimental impact long waiting lists can have on an individuals' mental and emotional well-being. We are equally fully committed to tackling the stigma and discrimination that often is centred around mental health and emotional well-being and welcome the advent of the new report 'Psychological therapies and parity of esteem: from commitment to reality' by the British Association for Counselling and Psychotherapy (BACP) and thank BACP for giving us permission to share excerpts of the following article with you which was published on their website on 3rd December 2014.

Achieving parity of esteem between mental and physical healthcare has been recognised by politicians, health and social care professionals and the public as an urgent requirement in improving the wellbeing of people living in the UK.

The Prime Minister, David Cameron, said earlier this year:

"In terms of whether mental health should have parity of esteem with other forms of health care, yes it should, and we have legislated to make that the case."

However, the British Association for Counselling and Psychotherapy (BACP) recently consulted service users about their experiences, and the responses demonstrate that there that there is still some way to go to achieve parity of esteem, with considerable progress yet to be made in areas such as access, waiting times and choice.

Service users told us:

"My most recent experience involved having to wait over two years for sessions with a psychologist... Whilst waiting for psychology appointments I did endure another crisis."

"Talking treatments are low on the priority list - 'take the pills and you'll be fine.'"

A new report, Psychological therapies and parity of esteem: from commitment to reality, by BACP, sets out a series of practical recommendations to make parity of esteem in the NHS a reality in relation to psychological therapies. This innovative report has drawn on the knowledge of experts in the field, BACP members and psychological therapy service users.

To read more please visit - <http://www.bacp.co.uk/media/>

Meet Fran...

I have been an assessor for the last 7 years working both for CAIS community services and over the last couple of years on Parabl. I have worked in mental health for around 20 years first in a residential care home for people suffering a range of mental health concerns. From there at the age of 27 I went to university and gained a degree in social policy with honours in counselling.

I was employed with Vale of Clwyd Mind for 9 years as project worker supporting people with long term enduring mental health concerns and gained an NVQ3 in Mental Health in the community.

Later supported young people in supported accommodation, vulnerable women and their children in the community and overseeing a housing project. I further gained an NVQ 3 in care. In 2008 I accepted a job as an Assessor with CAIS.

I greatly enjoy my work as an assessor with Parabl over the last couple of years. This service I feel, fills a huge gap in service provision that wasn't available previously. It offers services to people in the community who ordinarily do not fit the remit of local primary health care services. It greatly matters to me that each person who comes through for an assessment is provided with a confidential and supportive assessment and feel they can trust me enough to discuss some often difficult life events. We all can suffer stress, can become anxious and feel low at times and it's great to know this help now exists for us here in North Wales. Parabl works very much as a team it wouldn't work otherwise.



Talking Heads



Parabl is a service involving many charities in collaboration and was set up to 'plug the gap' between what statutory services and voluntary sector services could provide. It became obvious that people who are not eligible for counselling services had nowhere to go. Parabl was able to offer people on long waiting lists a quicker service and acted as a signpost to other services, lessening the times people needed to get support. Remember to keep Parabl in mind, because you can refer yourself – it's good to talk when facing difficulties in your life.

The Talking Heads group has been meeting since the beginning of 2014. We are service users and carers involved in helping to develop and monitor the service in collaboration with the providers. We offer our opinions and have even chosen our own name.

We joined the group to boost our own confidence and to make a difference as working together is a positive way to socialise and change the way mental health is perceived, thus helping to fight against stigma.

The group has been very successful in making the services of Parabl more person-centred as we put the stress on

experience rather than diagnosis. We can get information out to people and we share the same enthusiasm as the service providers. We have developed a questionnaire for service monitoring and development and created a news sheet - which you are reading! Parabl have also won awards for the service and this gives us a sense of pride too because we were part of that.

Come and join the Talking Heads group as helping to improve the service is a very empowering experience as people who have never had help before and are now receiving help.

Contact: 01745 816711 or admin@unllais.co.uk

A year in Parabl...

Since the project first began in April 2013 we have had over **5,600** referrals. From **1st April – 31st Dec** we have received **2,653** referrals. Out these **2,653** referrals



2,148 were 'self referrals'



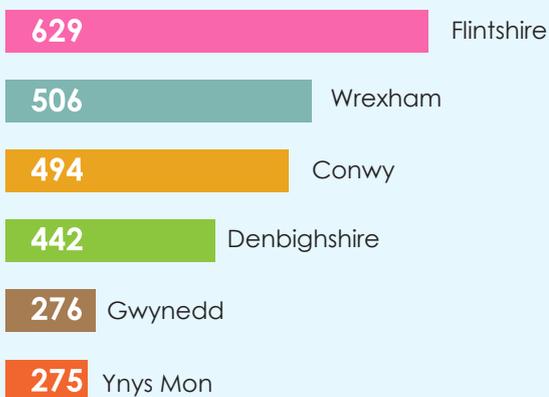
1,708 were female
945 were male



The Average age is **39**



Referral numbers by County



"A wonderful service. It has completely changed my outlook on things. I am able to see clearly and think in a rational way. I have been given tools to help me deal with things independently. Thank you very much"

"Parabl helped me gain understanding of my issues and give me the tools to deal with them"

"Parabl have helped me through a very difficult period in my life – first with having 6 counselling sessions in Wrexham and now with Mindfulness course. I am sleeping much better and functioning with much less stress occupying my mind. Thank you. I would and have recommended Parabl services to anyone in need"



Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

