

# Advance Brighter Futures



Advance Brighter Futures (ABF) is a small mental health charity established in 1992 and based in Wrexham, North Wales. Guided by their vision to ensure that no one experiencing a mental health problem has to undergo this alone, the charity provides a variety of services to cater for a wide range of issues. Activities include lifestyle coaching, group activities and volunteer mentoring for people with mental illnesses, workshops for people with mild anxiety and depression, support for postnatal depression, services to build emotional well-being and resilience and much more.

A project ABF are running is, Believe You Will (BYW) it aims to help individuals who receive acute and secondary mental health care support to rebuild a life that is satisfying and meaningful to them. It is based on the idea that a person's recovery must be seen as comprehensive to include other key factors, most notably their reintegration into local community life through groups.

## Results from the report

- **60% of individuals had a increased feeling of being accepted, improved self-esteem.**
- **63% of individuals involved with the project now feel better able to manage their anxiety levels**
- **Being a part of the project, individuals now feel less isolated & stressed**
- **The findings are aligned with that needed for a 'Healthier Wales' in the Well-being of Future Generations (Wales) Act.**



### Next steps:

*"Eleri and all the Social Value Cymru team have been amazingly supportive and helpful. We've learnt so much from their guidance and workshops. Our plans going forward are to apply what we've learnt to all our projects at ABF. We're keen to use the Social Value Principles as they fit well with our own values as an organisation anyway, but allow us to demonstrate what we do in a very different way than we have before."*

**Lorrissa Roberts**  
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