



COMMUNITY COOPERATION WALES
CHAMPIONING COMMUNITY CHALLENGES



SWAM HEALTH PROJECT

SUPPORTING WELLBEING AND MENTAL HEALTH



SWAM Health is a 12-month National Lottery-funded initiative designed to support people aged 18+ with protected characteristics, especially those Individuals with Diverse Cognitive Profiles (IDC).

This inclusive programme places wellbeing, confidence, and personal growth at the heart of learning.

Happiness depends upon ourselves.

ARISTOTLE



Community Cooperation Wales – CIC



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WHAT ARE THE BENEFITS OF PARTICIPATING?

Participants will Gain A City & Guilds Level 2 Award in Supporting Wellbeing and Mental Health through:

- Multiple sessions of practical workshops
- Coaching & peer engagement
- Interactive activities
- Final multiple-choice test (with revision support provided)

This qualification equips participants with a practical wellbeing toolkit to use in everyday life and the workplace as well as;

- Build resilience, confidence, and independence
- Gain a recognised City & Guilds Level 2 qualification
- Develop skills to support your own wellbeing and that of others
- Strengthen job readiness and community connection

Education is not preparation for life; education is life itself.

JOHN DEWEY



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PROJECT DETAILS

Start & End Date: 1st
February 2026 - 28th
February 2027.

Duration: 12 months

Workshops will run
throughout the year
culminating with an
assessment preparation day
and examination to gain the
City & Guilds Level 2
Award in Supporting
Wellbeing and
Mental Health.

Date	Workshops
Sunday 1 st February 26	Induction Tai Chi & Wellbeing
Friday 6 th February 26	Health & beauty to promote self confidence
Sunday 8 th February 26	Tai Chi & Wellbeing
Friday 27 th February 26	Foundations of wellbeing and mental health.
Sunday 15 th February 26	Tai Chi & Wellbeing
Friday 27 th March 26	Building resilience and emotional strength.
Sunday 22 nd February 26	Tai Chi & Wellbeing
Friday 24 th April 2026	Supporting others and creating Safe Spaces. Confidence, integration



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Empower Your Wellbeing: The SWAM Health Project

About the Project



A 12-Month Program to Thrive

Empowering young people in life, learning, and work through wellbeing support.



Inclusive and Empowering by Design

Specifically supports individuals with Diverse Cognitive Profiles (IDC).

Join a Community of Peers

Limited spots available across 5 small-group cohorts over 12 months.



What You Will Gain

Earn a City & Guilds Level 2 Qualification

Learn practical skills to support your own wellbeing and that of others.



Build Resilience, Confidence & Independence

Strengthen your job readiness and connection to the community.



Learn Through Hands-On Workshops

Training is delivered via practical sessions, coaching, and peer engagement.