



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



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



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



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.