

Stress Management—R/F Huddersfield

This 3 week workshop starts on the 9th of December between 1-3pm

Volunteer Training Taster workshop—RF Huddersfield

This Brand new 2 hour workshop will explore all the basic necessary skills and information that you will need if you are considering the exciting and rewarding world of volunteering. This will be running on the 28th of November 1-3pm.



For more information or to book a place please contact:

Karl Jackson-Lander on 01484 434 866 or email:

Karl.Jackson-Lander@richmondfellowship.org.uk

Huddersfield Office: 21 Old Leeds Road, Huddersfield, HD1 1SG

Connect Housing: 21 Bond Street, Dewsbury, WF13 1AX



Richmond Fellowship Kirklees

Peer Support What's On

October 2019 - December 2019



For more information or to book a place please contact:

Karl Jackson-Lander on 01484 434 866

or email: Karl.Jackson-Lander@richmondfellowship.org.uk

Richmond Fellowship Peer Support Service

These activities are open to everyone aged 18 or over who lives in Kirklees and experiences mental health issues, problems or concerns. You do not need to be seeing an employment advisor to join. Simply call the number on the back and ask for Karl Jackson-Lander the Peer Support Co-ordinator who will assist you to fill out a short referral form so you can attend.



Courses

Confidence to Work—Recovery College, Mirfield

7th October 1-3pm	14th October 1pm-3pm
21st October 1pm-3pm	28th October 1pm-3pm
4th November 1pm-3pm	11th November 1pm-3pm

Self Esteem & Resilience—Connect Housing, Dewsbury

This 2 week workshop will cover all aspects of improving your feeling of self worth as well looking at practical ways to maintain and increase your resilience against the stress and strain of daily life. This will be running at our Dewsbury office between 12-2pm on the 12th and 19th of November .

Stress Management— Recovery College, Mirfield

18th November 1pm-3pm	25th November 1pm-3pm
2nd December 1pm-3pm	



Assertiveness Workshop—Connect Dewsbury

This 3 week Workshop starts on the 26th of November at our Dewsbury office 12-2pm and will cover all aspects of being more assertive and developing better communication skills

Activity Groups

Art & Craft Group—RF Huddersfield Office

2nd October 12pm-2pm	13th November 12pm-2pm
9th October 12pm-2pm	20th November 12pm-2pm
16th October 12pm-2pm	27th November 12pm-2pm
23rd October 12pm-2pm	4th December 12pm-2pm
30th October 12pm-2pm	11th December 12pm-2pm
6th November 12pm-2pm	18th December 12pm-2pm

Newsletter Group— Huddersfield and Dewsbury

Would you like to tap into your creative side whether with stories, articles, poems, pictures or puzzles to help inspire or inform people with? Then why not join our friendly and welcoming Newsletter group which meets every week alternating between Huddersfield and Dewsbury 1-3pm. For more information please call or email using the contact information on this booklet.

