

IN PERSON WORKSHOPS AT OUR HUDDERSFIELD OFFICE
AND ON ZOOM

WAYS TO WELLBEING

This 2 week Workshop starts on the 29th of November 1-3pm and will cover all aspects of improving and maintaining mental health through practical means that people can use on a daily basis

STRESS MANAGEMENT

This 2 week workshop starts on the 25th October between 1-3pm and will examine all aspects of how Stress can affect us and have a negative impact on your mental wellbeing and the methods and new ways of thinking that can drastically reduce stress levels in our daily lives.

SELF ESTEEM AND RESILIENCE

This two week workshop that starts on the 15th November between 1-3pm will show how to improve and maintain healthy levels of self worth and resilience to bounce back from life's difficulties



For more information or to book a place please contact:

Karl Jackson-Lander on 07909 993203 or email:

Karl.Jackson-Lander@richmondfellowship.org.uk

Huddersfield Office: The Media Centre, 7 Northumberland St, HD1 1RL

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



Peer Support What's On
October 2021 - December 2021
Online Workshops and Groups



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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 or email and ask for Karl Jackson-Lander the Peer Support Coordinator who will assist you to fill out a short referral form so you can attend.



Zoom Online Workshops

ASSERTIVENESS AND COMMUNICATION

These 2 workshops that start on the 14th of October 1-3pm will explore all aspects of improving Assertiveness skills, maintaining them and developing better communication skills.

COMING OUT OF LOCKDOWN

This new 2 week workshop starts on the 18th November 1-3pm will offer practical advice and tips on ways to maintain mental wellbeing and cope with the changes in our way of life since the start of the Pandemic and the changes now that the restrictions are coming to an end



Mood and Food

This new two week workshop that starts on the 9th December 1-3pm will show how food can affect our mental wellbeing in a positive and negative way and general tips on what to eat to improve your mental health

Volunteer Training Taster workshop

This new 2 week workshop starting on the 4th of November between 1-3pm will explore all the basic necessary skills and information that you will need if you are considering the exciting and rewarding world of volunteering.

WORDS IN MIND

This reading group meets every Tuesday 11am –12am . Each week the group decide on a theme and then explore it through stories, poetry, images or video clips in a very informal and relaxed atmosphere.

COMING SOON

CONFIDENCE TO WORK

This extremely popular 6 week workshop explores all aspects of getting into employment after being out of work for any length of time due to poor mental or physical health.

