

## Richmond Fellowship Groups

### 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.

### YOUR VOICE IN KIRKLEES - NEWSLETTER

This newsletter group meets **every Wednesday at 12.30pm - 2pm** via Zoom. This partnership newsletter group is seeking contributors for their quarterly Mental Health Newsletters. This could be Art, Poetry, Stories, Articles, Puzzles, Photos and Crafts plus lots more, we just want to hear from you!

The aim of this newsletter is to create a platform where anyone in the Kirklees community can share their experiences with Mental Health and to highlight the work of the Working Together Better (WTB) partnership and showcase other organisations within Kirklees that strive to make it a happy and healthy place to be.

You can still send in any submissions if you can't attend this group by emailing: [Karl.Jackson-Lander@richmondfellowship.org.uk](mailto:Karl.Jackson-Lander@richmondfellowship.org.uk).



**For more information or to book a place please contact:**

**Karl Jackson-Lander on 07909 993203 or email:**

**[Karl.Jackson-Lander@richmondfellowship.org.uk](mailto: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

April 2022 - June 2022

## 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.



### Online - Zoom Workshops - 1 to 3pm

#### STRESS MANAGEMENT

This 2 week workshop starts on the **1st April** between 1-3pm and will examine all aspects of how Stress can affect us and how it has a negative impact on your mental wellbeing, looking at methods and new ways of thinking that can drastically reduce stress levels in our daily lives.

#### CONFIDENCE TO WORK

This extremely popular 6 week workshop starts on **25th April** and explores all aspects of getting into employment after being out of work for any length of time due to poor mental or physical health.

#### COPING WITH COVID

This new 2 week workshop starting on the **23rd June** 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 ended.

#### SELF ESTEEM AND RESILIENCE

This two week workshop that starts on the **4th April** between 1-3pm will show how to improve and maintain healthy levels of self worth and resilience to bounce back from life's difficulties.

#### ASSERTIVENESS AND COMMUNICATION

These 2 workshops that start on the **28th April** 1-3pm will explore all aspects of improving Assertiveness skills, maintaining them and developing better communication skills.

#### WAYS TO WELLBEING

This 2 week Workshop starts on the **13th June** 1-3pm and will cover all aspects of improving and maintaining mental health through practical means that people can use on a daily basis.

#### MOOD AND FOOD

This new two week workshop that starts on the **9th June** 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 **12th May** 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.

