

## Volunteer Training Taster workshop

This new 2 week workshop starting on the 8th of March 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.

### STRESS MANAGEMENT

This 2 week workshop starts on the 11th January 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.

### MOOD AND FOOD

This new two week workshop that starts on the 22nd of February 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



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

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



## Peer Support What's On

### January 2021 - March 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 22nd of March 1-3pm will explore all aspects of improving Assertiveness skills, maintaining them and developing better communication skills.

#### Confidence to Work

This 6 week workshop starts on the 25th February 1-3pm and explores all aspects of getting into employment, from CV writing, interview tips and techniques, filling in application forms and how, when and if to disclose mental health issues plus much more.

#### Self Esteem and Resilience

This 2 week workshop starts on the 28th of January 1-3pm and 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.



## Ways to Wellbeing

This 2 week Workshop starts on the 25th of January 1-3pm and will cover all aspects of improving and maintaining mental health through practical means that people can use on a daily basis

### Coping with Covid

This new 2 week workshop starts on the 14th of January 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

### Zoom Workshops The Women's Centre

**These two workshops are open to any female in Kirklees over 18 years old**

#### Stress Management

This 2 week workshop starts on the 4th of February 10.30-12.30pm 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.

#### Mood and Food

This new two week workshop that starts on the 11th March 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

