

What does Wellbeing mean to you? Let's talk!

I am Fay Goodhand and I am starting up a new Wellbeing/Self Help group in Bulwell, Nottingham. It will be running on alternative Mondays, 10:30-12pm and can cater for up to twenty adult members, ages 18 upwards.

The first meeting is on Monday 10th September 2018, 10:30am - 12pm.

- Membership is free, & we provide refreshments – drinks, biscuits, cakes etc.
- Members are expected to treat others with respect, dignity and a non-judgemental attitude.
- An opportunity for you to meet new people, make new friends, and help you build up confidence and self-esteem.
 - Identify areas of your own wellbeing - physically & mentally.
 - Referral support to other services & support.
 - Friendly & comfortable environment, with no pressure to talk.
- We try to encourage social activities also, cafes, libraries, pub, parks/ walks/days out and other areas of interest.

You can bring your Carer, friend or family relative to the group for support
(but we cannot allow anyone under the age of eighteen years of age)

First meeting will be a welcoming & friendly greeting morning, to start to introduce the Wellbeing Group
In the West Room at St Mary's Church in Bulwell, Nottingham (the 'church on the hill').

Facilitator Fay & Volunteer Alisia
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Hosted in the West Room, St Mary's the Virgin & All Souls Church,
Highbury Road, Bulwell, Nottingham, NG6 9AD

Free parking up the hill next to the church