



Sheffield Mind and Body Project



LOTTERY FUNDED

Wellbeing Taster Programme (Women only) Sorby House, 42 Spital Hill, Sheffield, S4 7LG

This programme is open to Women 16 years old and above.

This programme has been designed to be a starting point for anyone who would like to improve their emotional or physical wellbeing. Advice regarding further help and information will be available at this group.

The programme has been made up of 10 weekly sessions. It is your choice whether to attend all of them or just the ones you are interested in. There will be many techniques to learn throughout the programme and plenty of opportunity to discuss your experiences of trying them out.

Cost £1.00 per session (Suggested donation)

**If you can't afford the cost, don't worry - it's only a suggested donation.
We collect money in a collection tin which is confidential.**

FREE crèche available

Tues 27th Sept **10.30am – 12.30pm** – What is wellbeing + chance to have a NHS life check.

Tues 4th Oct **10.30am – 12.30pm** – How to be physically active + chance try out physical activity

Tues 11th Oct **10.30am – 12.30pm** – Balance of good health + make a simple tomato soup

Tues 18th Oct **10.30am – 12.30pm** – Food and mood + food tasting

Tues 25th Oct **10.30am – 12.30pm** – Mental health awareness + make bath salts with essential oils

Tues 1st Nov **10.30am – 12.30pm** – Assertiveness

Tues 8th Nov **10.30am – 12.30pm** – Relaxation + try out marbling

Tues 15th Nov **10.30am – 12.30pm** – Relaxation + try out relaxation exercises

Tues 22nd Nov **10.30am – 12.30pm** – Improve your mood + make your own hanging basket

Tues 29th Nov **10.30am – 12.30pm** – Beating stress & anxiety + try out tai chi

To book a place on any of the sessions above, please contact Dawn on
T: 0114 2584489 or email: dawn@sheffieldmind.co.uk



Sheffield Mind



For better
mental health

Sheffield Mind
57 Wostenholm Road
Sheffield, S7 1LE

