

Volunteer Training Taster workshop

This new 2 week workshop starting on the 21st September 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 13th July 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.



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: 21 Old Leeds Road, Huddersfield, HD1 1SG

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



Peer Support What's On

July 2020 - September 2020

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 3 workshops that start on 7th September 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 13th August 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 17th of August 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 16th of July 1-3pm and will cover all aspects of improving and maintaining mental health through practical means that people can use on a daily basis

Zoom Online Activity Groups

Newsletter Group

Would you like to tap into your creative side whether with stories, articles, poems, pictures or puzzles to help inspire or inform people with? Then why not join our friendly and welcoming Newsletter group which meets every Wednesday 1-2pm. For more information please call or email using the contact information on this booklet.

Words in Mind

This reading group meets every Tuesday 2.30pm –3.30pm . 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.

