



Somerset Mental Wellbeing Service

Self-Management Workshops *Delivered by Chard WATCH CIC*

Our courses take place over 4 weeks of 2 hour weekly workshop sessions. It is suitable for you if you have mild to moderate mental health issues and you wish to find your own potential and resources to support your wellbeing.

Course Dates: Monday 10th, 17th, 24th September and 1st October 2018
Venue: Chard Rugby Club, Essex close, Chard TA20 1RH
Times: 10.00 am to 12.00 pm
Tutors: Becky Marsh & Michael Burnell

Workshop Content
Develop your confidence and empower you to take responsibility for your own wellbeing
Developing awareness and provide you with access to help/support you. Look at resources available and skills development that will lead to your improved independence, choice and control in your life.
Participation on the course can be very helpful if you want to reduce feelings of isolation, elevate mood and reduce depression.
Planning your way forward. If you would like to work towards accessing/ returning to or commencing work opportunities, or join groups /activities in the community you will be developing skills to help you to do this.

To register on this course please contact. Somerset Mental Wellbeing Service (SMWS) 01823 255917 or info@smws.org.uk

Participation in the session activities are important; however you will always have a choice in the way you take part. We provide a range of learning resources and methods and we are able to adapt to meet course member's needs.

We ask that you are

- Able to meet and work in group with 12 - 16 others
- Can attend all sessions
- Are feeling able and want to get out into the local community

If you feel you need to discuss the needs of any individual wishing to attend the course please contact Julie Matthews on juliematthews.watchproject@gmail.com or Phone 07506 238540