



JANUARY NEWSLETTER

Project Mobile Number: 07539 110 717

Thursday only (10am – 4pm)

Tuesday 15th January: Richard's Health Walks:

For the people whose New Year's resolution was to get active we have Richards Health Walk – Tuesday 15th @ 1pm at the Guildhall. Please let Gabrielle at Watch know if you are interested in joining in.

3rd January 2pm: Mindfulness Talk

Please come and join a talk with Dr Miranda Bevis who specialises in teaching Mindfulness. Dr Bevis is a former GP who works for Somerset Mindfulness; she is also an accredited counsellor and a qualified yoga instructor.

Elim Connect Centre visit to project 3rd January: A warm welcome is required for Abi, Rachel and members of this inspiring project who are visiting us on the 3rd. Elim Connect Centre help people who are homeless so it will be interesting to have a chat with them over some tea and biccies!

DWP/ Taunton Job Centre 10am-1pm -

Tracy and Jan are coming back in to answer more questions and be available. Anyone wanting a one to one please inform reception at least a week prior to their visit.

Talking Café (Every Monday)

Weekly on Monday at the Chard Baptist Church between 10.30am -1pm.

Lightbulb moment - Louise from NEA will be commencing 4 week course on 24th January from 2pm- 4pm with 10 selected members and volunteers. If you have a burning (he he he!) desire to go on this course we can add to the waiting list.

Next members meeting January 17th at 11.30am

Scott has been doing a fantastic job at sorting meetings but need to consider running these meetings on a level of Chair/ Joint Chair, Secretary as need to make sure that "Your Potential, Your Voice, Your Way!" is achieved.

January 17th 2pm- 4pm: First Aid course/workshop: Limited places available so please book early!

Useful Twitter links!

South Somerset Mind now have a twitter page, you can follow them via [@SSomersetMind](#) for all the latest news.

(You can follow WATCH too [@TheWATCHProject](#) and tweet away!)

Pool and Table Tennis! New Year Tournament dates to be confirmed but please ask at reception or speak to Patrick for updates

National Careers Service- Every Thursday in January- Tasha is at hand every Thursday in January to discuss career options, whether it's a small project for volunteering or work opportunities please feel free to book in some time with her.

Tea & Talk – Every Thursday from 2pm

Trips these need to be well planned by members and volunteers so perhaps a cuppa and a natter on our grand days out are needed also at tea and talk on the 24th January – Discussion on how we market WATCH better to the wider community. Please bring any ideas along on how you would like us to promote ourselves, what do we need on our publicity to get across what we do and how we can do this well.

Ann Reflexology – 03rd January

Folly Farm Dates to be Confirmed

10th January – Mikes Pizzas

10th January, two special visitors are arriving. Announced on the day!