

COME TO OUR **HEALTH AND WELLBEING EVENT**

At Jubilee Hall, Church Street, Winsham, TA19 4HU

Wednesday 5th June 2019

Time: 10am—3pm



TALK **JOYCE PASSMORE**
HER AMAZING PERSONAL
JOURNEY OF **HOPE** AFTER
SPENDING 15 YEARS IN
TONE VALE HOSPITAL

'Remarkable story'

LEONIE GIRLING— SPARK
VOLUNTARY AGENCY SPEAK-
ING ABOUT THE VALUE OF
VOLUNTEERING FOR PROJECTS
LIKE THE WATCH PROJECT
HERE TODAY

PEER SUPPORT

LEARN ABOUT THE GREAT
VALUE OF PEER SUPPORT-
THROUGHOUT THE DAY
FROM PEOPLE WITH LIVED
EXPERIENCE

LAUGHTER YOGA HAVE
A GO! IT IS EXCELLENT
FOR YOUR WELLBEING
VERY ENJOYABLE & FUN

Department of Work & Pensions

DISCUSSION GROUP
BENEFIT + CONCERNS

WORKSHOP

**ON BUILDING
CONFIDENCE AND
COMMUNICATION
SKILLS**

DISCUSSION GROUPS -

- Talk with the **Watch** project staff and members to learn about this active community group in Chard
- **Department of Work & Pensions**— chat about your benefit concerns and the help the Jobcentre can provide with moving forward.—How to get the most from your Work coach interview, Access to Work Mental Health support service and how to engage in health and wellbeing activities that can form part of your health journey through benefits
- Find out more about Peer support groups and relationships
- Learn about opportunities in your local community

I FOUND
FRIENDS WITH
PEER SUPPORT

FREE DRINKS, BISCUITS AND LIGHT LUNCH - ENROL NOW phone
Paula on 01460 261264 or complete form below.

HEALTH & WELLBEING EVENT AT WINSHAM

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Name	
Contact numbers	
Email Address	
Postal Address	

How would you prefer to be contacted? (please circle)

Phone call Text Letter Email

Do you have any additional support needs we need to be aware of?

To book a place
 You can phone Paula on 01460 261264 or Julie on 07506238540,
 or complete and return this form
 via e-mail to JulieMatthews.watchproject@gmail.com
 or post to Chard WATCH CIC, Forefront Community Centre, 42 Fore Street, Chard,
 TA20 1QA