



HEALTH AND WELL-BEING IN COMMUNITIES

Community Well-being is at the heart of the services that are offered. Lynette believes that teaching resilience, self awareness, relaxation techniques, coping strategies and ways to feel calmer, can help clients, parents, service users and hardworking staff to manage life, stress and anxiety in a more healthy, positive and effective way.

LYNETTE'S EXPERIENCE

Lynette Fryer is a Qualified Holistic Therapist and Healer, with over 15 years experience of working within Mental Health, Therapeutic Services, Emotional Well-being and Community Settings.

TRAINING, WORKSHOPS, SESSIONS & PROGRAMMES

Lynette's Services support Managers, Team Leaders, Staff, Volunteers, Parents, Young People in Children's Centres, Community Projects and Charities. She will deliver and create bespoke sessions in any of the following areas...

Staff Motivation
Mindfulness
Meditation
Relaxation Techniques
Holistic Therapy
Yoga
Body Scanning

Massage
Creativity
Healing Coping
Arts & Crafts
Play Therapy
Colour Work
Happy Tapping

Stress Management Tips
Anxiety Awareness
Techniques
Positive Thinking
Confidence Building
Breathing Techniques
FUN!!

BENEFITS TO YOUR COMMUNITY

People who work in Community Organisations can be under lots of stress, also the parents, carers, families, children and young people who engage with their services. Community Mental Health matters and especially if we are to build and shape healthier environments and societies to work, thrive and live in, here is how Lynette can help...

- ✓ Help to relax children and / or the young people who you may work with
- ✓ Learn practical stress reduction solutions
- ✓ Help Parents to feel more able to deal with stresses
- ✓ Teach people to become more confident, calm & resilient
- ✓ Support staff and services to de-stress and cope
- ✓ Manage the pressure of daily life

The aim is to support everyone in the local community with their social, emotional and mental health and well-being needs. Having to cope alone, feeling isolated and also living in areas where there are not many positive activities to people, can impact their mental health and emotional well-being, if left this can lead to crisis and reliance on GP's, Hospital, Mental Health Services.

All of this can result in things like stress, emotional upset, behaviour changes, absence, disengagement, poor concentration, lack of self care, fear of failure or lack of confidence. We will provide them with self help tools and coping strategies to manage their lives more effectively.

OBJECTIVES

This will be achieved by delivering workshops, sessions or programmes to community groups. It will be delivered by Lynette Fryer at a location in the community suitable to your client group.

OUTCOMES

The outcome of the sessions will create a calm, relaxed and therapeutic space which improves overall mental well-being, builds resilience, promotes creativity, self-expression, motivation, lessens stress levels, helps people learn from each other, improves concentration, productivity and imagination, which builds confidence, social interaction skills and self-esteem.

DELIVERY STRUCTURES

Lynette will work with you and staff in your Community Organisation and can be flexible to suit your needs, here is a general guideline...

- ✓ Initial Consultation / Meeting
- ✓ Staff / Volunteer / Parent Workshops / Sessions (1 hour)
- ✓ Staff / Volunteer / Parent Workshops / Sessions (2 hour)
- ✓ Bespoke Sessions Targeting specific issues such as (confidence, anxiety)
- ✓ Regular Weekly Programmes
- ✓ 1-2-1 Pamper Sessions - 'Me Time' for Parents / Staff (Includes Massage, Relaxation, Healing)
- ✓ Staff Well-Being Training - 'Relaxation, Creativity & Calm' – (Half Day)
- ✓ Virtual Online Well-Being Support / Sessions / Workshops

Cost:

- ✓ FREE Initial Meeting / Consultation
- ✓ Full Costings and Quotes will be given
- ✓ Estimated at £85 Per Hour
- ✓ Prices negotiated & subject to change
- ✓ Terms & Conditions Apply
- ✓ Invoices to be paid within 30 days
- ✓ Relaxation CD's available at £6 each

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Thank you, Lynette will look forward to hearing back from you soon!