



WELLBEING FOR COMMUNITIES

Wellbeing is at the heart of the services that are offered. Lynette believes that teaching resilience, self awareness, relaxation techniques, creativity coping strategies & calm can help clients, service users & hardworking staff to manage life, stress & anxiety in a more calm & effective way

LYNETTE'S EXPERIENCE

Lynette Fryer is a Qualified Holistic & Creative Therapist & Healer, with over 20 years experience of working within Mental Health, Therapeutic Services, Emotional Well-being & Community Settings

TRAINING, WORKSHOPS, SESSIONS & PROGRAMMES

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

Staff Motivation
Mindfulness
Meditation
Relaxation Techniques
Holistic Therapy
Yoga
Body Scanning

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

Stress Management Tips
Anxiety Awareness
Coping 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 & young people who engage with their services. Community Mental Health matters & especially if we are to build & shape healthier environments & societies to work, thrive & live in

- ✓ Help to relax yourself & your clients
- ✓ Learn practical stress reduction solutions
- ✓ Help people to feel more able to deal with stresses
- ✓ Teach people to become more confident, calm & resilient
- ✓ Support staff & services to de-stress & cope
- ✓ Manage the pressure of daily life

AIM OF SESSIONS

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 staff in your Community Organisation & can be flexible to suit your needs, here is a general guideline...

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

Cost:

- ✓ FREE Initial Meeting / Consultation
- ✓ Full Costings & 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

Enquires / Bookings:-

Call: 07976 139 681
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