

Sept 2018 – Jan 2019 West Berkshire Drop-In

Date	Drop-In Activity	Benefits
11 th Sept 2018	Newbury Rocks - https://www.familiesonline.co.uk/local/oldham/in-the-know/new-craze-sweeping-the-uk--paint-hide-and-find-a-rock	<ul style="list-style-type: none"> • Therapeutic space to be creative. • Release stress • Socialise with peers. • Mindful of where you could walk to find other stones • Keep stone as sign of empowerment
8 th Oct 2018	Mindfulness/Meditation	<ul style="list-style-type: none"> • Reduce stress • Encourage healthy lifestyle • Increase self-awareness • Encourage members to take up outside of group
13 th Nov 2018	Impact of stress on our bodies – how to find small ways to reduce	<ul style="list-style-type: none"> • Understanding of how to cope with stressful situations • Helping members understand how stress impacts our body • Space for confidential and safe discussion of members stress
11 th Dec 2018	Xmas craft	<ul style="list-style-type: none"> • Encourages mindfulness • Ease symptoms of depression and anxiety • Creative space • Choice to keep or gift the craft – could choose to gift to another charity?
8 th Jan 2019	Healthy eating – Katherine Reeves	<ul style="list-style-type: none"> • Trying new foods • Understanding benefits of healthy eating & mental health and health benefits in general • Weight loss advice (if asked) • Understanding benefits of an active lifestyle
12 th Feb 2019	TBC –understanding forms of DA	<ul style="list-style-type: none"> • Understanding all forms of abuse are a crime • Information of help available • Understanding what a healthy relationship consists

		<p>of</p> <ul style="list-style-type: none">• Safe space for discussion• Safety advice
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