



# Workshop: Improving Your Wellbeing



## Date

Friday  
21st October  
2022



## Location

The Crypt  
St John's Church  
Mattock Lane  
W13 9LA



How to find us:  
Our entrance is at the back of  
the church, in Broomfield Place





Alison will be leading our workshop to look at how we can all begin to improve our well-being

## Schedule

11.00am Speaker / Workshop



11.30-12.15am: How early traumas can help us understand our behaviour today

12.15-12.45pm: Find out more about our new pottery and wellbeing workshops

1PM Lunch



On offer:

Plus...

- Clothes
- Barber
- Shower
- Footcare
- Practical help

