

**APRIL 2022 VIRTUAL WORKSHOPS (Residents of Hammersmith & Fulham)**

Day	Workshop	Time	Length
Thursday 14 <sup>th</sup> April	Overcoming Loneliness	11:00am-1:15pm	2 hours 15 minutes
Wednesday 20 <sup>th</sup> April	CV Writing (in Collaboration with SB3)	2:00pm-3:30pm	1 hour 30 minutes
Thursday 28 <sup>th</sup> April	Identity	11:00am-1:15pm	2 hours 15 minutes

**Friday 29<sup>th</sup> of April at 12pm – Trip to: **The Saatchi Gallery**** (ask us for details)

**All Virtual Workshops are taking place via Zoom.**

**The CV Writing workshop will be taking place in person. There is limited availability.**

**Zoom/location details to be provided following successful sign-up.**



Richmond Fellowship is part of **Recovery Focus**,  
an expert group of charities inspiring recovery nationwide.

**Sign-up required**

**Get in touch with us to book your place**

**Please check our website for future workshops:**

**[www.hfemploymentandwellbeing.org.uk](http://www.hfemploymentandwellbeing.org.uk)**

**Workshop Facilitators:**

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**Richmond Fellowship**

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an expert group of charities inspiring individual recovery nationwide

## Courses

### (Registration Required)

**Road to Recovery** – A 7-week course, running once a week, aimed to help strengthen skills, build self-confidence and manage mental health. It focuses on managing stress and anxiety, positive assertiveness and communication, and building self-compassion and motivation.

Date: Wednesday 4<sup>th</sup> May 2022 – Wednesday 15<sup>th</sup> June 2022  
Time: 11:30am – 2:30pm

**Workability** – A 4-week course, running once a week, aimed to support those within our service to get back into employment. It focuses on barriers and benefits of work/identifying and building skills, writing a great CV and cover letter, job search/interviews, and building a personal plan.

Date: Tuesday 5<sup>th</sup> July 2022 – Tuesday 26<sup>th</sup> July 2022  
Time: 11:30am – 2:30pm

To register, please complete our referral form and send it to  
[HFEmploymentandWellbeing@RichmondFellowship.org.uk](mailto:HFEmploymentandWellbeing@RichmondFellowship.org.uk)

The referral form can be found on our website  
[www.hfemploymentandwellbeing.org.uk](http://www.hfemploymentandwellbeing.org.uk)