

July 2022 WORKSHOPS (Residents of Hammersmith & Fulham)

Day	Workshop	Time	Length
Thursday 14 th July	Overcoming Negative Thinking (Hybrid: both In-Person and Online)	11:00am-1:15pm	2 hours 15 minutes
Friday 15 th July	Self-Confidence	11:00am-1:15pm	2 hours 15 minutes
Thursday 21 st July	Self-Love (Hybrid: both In-Person and Online)	11:00am-1:15pm	2 hours 15 minutes
Friday 22 nd July	How To Say No	11:00am-1:15pm	2 hours 15 minutes
Monday 25 th July	Employment Support	1:00pm-4:00pm	3 hours

Our Virtual Workshops are taking place via Zoom. Workshops taking place in-person will be at a community location.

Zoom details & venue addresses to be provided following successful sign-up.

Friday 8th July 2022 at 12pm - Trip to: **Victoria and Albert Museum (V&A): Victoria and Albert Museum, Cromwell Road, London, SW7 2RL**

V&A Museum
[\(https://www.vam.ac.uk/\)](https://www.vam.ac.uk/)

Friday 29th July 2022 at 12pm - Trip to: **Kensington Gardens: Kensington Gardens, Bayswater Road, London, W2 4SS**

Kensington Gardens
 [\(https://www.royalparks.org.uk/parks/kensington-gardens\)](https://www.royalparks.org.uk/parks/kensington-gardens)

(Registered Service Users only for outings; please ask us for details)



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

Workshop Facilitators:

Caira Lewis

07584 182 834

Caira.Lewis@RichmondFellowship.org.uk

Ionela Lovin

07584 183 513

Ionela.Lovin@RichmondFellowship.org.uk

Richmond Fellowship

Richford Gate Medical Practice
Lower Ground Basement
Richford Street
Hammersmith
London
W6 7HY



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-confidence and motivation. *(Current run completed).*

Date: TBC

Time: 11:30am – 2:30pm

(Next run dates TBC)

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 5th July 2022 – Tuesday 26th July 2022

Time: 11:00 am – 2:00 pm

To register, please complete our referral form and send it to
HFEmploymentandWellbeing@RichmondFellowship.org.uk

The referral form can be found on our website

www.hfemploymentandwellbeing.org.uk