



FREE PAMPERING FOR PARENTS!

WELLBEING WORKSHOP

WEDNESDAY 31ST OCTOBER 2018

9.00 – 11.45AM @ ST. SEBASTIAN'S SCHOOL HALL



DEAR PARENT / GUARDIAN,

ST. CUTHBERT'S & ST. SEBASTIAN'S HAVE TEAMED UP WITH CHATs (COMMUNITY HEALTH AMBASSADOR TEAM) TO PROVIDE WELLBEING WORKSHOPS FOR OUR PARENTS / GRANDPARENTS ON WEDNESDAY 31ST OCTOBER 2018.

CHATs WORK HARD HELPING PEOPLE AND COMMUNITIES IMPROVE THEIR HEALTH BY HOSTING FREE HEALTH EVENTS (FUNDED BY LIVERPOOL CITY COUNCIL PUBLIC HEALTH) THEIR AIMS ARE TO ENCOURAGE AND EMPOWER LIVERPOOL'S COMMUNITIES TO TAKE CONTROL OF THEIR OWN PHYSICAL AND MENTAL HEALTH AND WELLBEING. THEY ALSO HOST THEMED HEALTH EVENTS BRINGING TOGETHER AGENCIES WHO CAN OFFER SUPPORT AND GUIDANCE AND GROUP ACTIVITIES DELIVERED IN INFORMAL AND RELAXED SETTINGS TO MAKE YOU FEEL AT EASE.

ON WEDNESDAY 31ST OCTOBER 2018, THE FEDERATION WILL BE HOSTING A FREE WELLBEING COFFEE MORNING 9.15AM TILL 11.45AM. WHAT A GREAT WAY TO SPEND YOUR MORNING... WE HOPE TO SEE YOU THERE!

NAIL TECHNICIAN TO PROVIDE MANICURES FOR PARENTS / GRANDPARENTS.

BASED ON FIRST COME, FIRST SERVED BASIS

CHATs ADVICE / LINK SERVICES

CITIZENS ADVICE BUREAU, DENTAL HEALTH, FOOD BANKS, HEALTHY HOMES, HEALTH WATCH, HEALTH TRAINERS (1-1 SUPPORT FOR SMOKING / WEIGHT LOSS ETC)

TEA / COFFEE & BISCUITS A CUPPA & CAKE IS ALWAYS GOOD FOR WELLBEING!

BASED ON FIRST COME, FIRST SERVED BASIS

MASSAGE THERAPIST TO PROVIDE REDUCE STRESS AND HELP YOU UNWIND!

BASED ON FIRST COME, FIRST SERVED BASIS

FREE GOODY BAGS! TREATS TO TAKE HOME FILLED WITH SURPRISES!

BASED ON FIRST COME, FIRST SERVED BASIS

HEALTH MOT NURSE TO CHECK / ADVISE / DISCUSS YOUR HEALTH & WELLBEING CONCERNS.

BASED ON FIRST COME, FIRST SERVED