

CENTRAL LANCASHIRE HAVEN NEWSLETTER

Get all the latest updates from the Haven

MEET THE TEAM

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HAVEN UPDATES

Get the latest Haven Updates here!

GROUP TIMETABLE

Have a look what groups/ events we have planned at The Haven in April 2022.

FIND US ON EVENTBRITE

Sign up to all our Haven groups and events via our Eventbrite page.



FIND US ON FACEBOOK

[@RFHavenLancs](https://www.facebook.com/RFHavenLancs)



Kennedy – Senior Practitioner



Yasmin – Peer Support Coordinator

Crisis Recovery Workers



Lewis



Paul



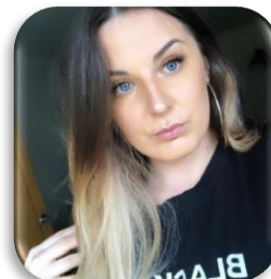
Susan



Lloyd



Ally



Natasha



Nia



Annalisa



Zoe

MENTAL HEALTH AWARENESS WEEK MAY 22

Mental health awareness week is an annual event that takes place every year throughout May. This year it takes place during 9th-15th May and is themed around loneliness.

Ever since the start of the pandemic, so many of us around the world have been affected by loneliness in many ways. Socializing with others plays a vital role in maintaining a positive mental health. Together, we all need to find ways to tackle the impact that loneliness has caused on so many people.

So how can we tackle this?

Say hello to your neighbors, call a friend or family member, text someone to ask how their day has been, meet up with an old friend for a coffee, get involved in groups (we have plenty of groups at the Haven!). Even the smallest friendly interaction can have a huge impact on someone's mood.

Remember we do not know what someone is going through, so by being social and kind to others, we might just be able to make someone's day 😊

SERVICE NETWORKING EVENT

The Haven is hosting an event for services and organisations in the local area to learn about each other and understand how we can work together to tackle mental health issues such as loneliness.

The event is a great place to build new relationships with services and see how we can work together to raise awareness in the community about mental health. This will help us to gain further knowledge and insight towards other services and organisations within the area, meaning we can support our clients and service users in the best way possible.

VOLUNTEERS

We have 5 new volunteers who have started with us at the Haven. They are currently completing their training and shadowing. So, keep an eye out in May for some new faces and groups at the Haven. They all bring something different to the team, so we are very excited to welcome them to the Haven.

NEW GROUPS

We are looking to host a new course here at The Haven ran by our Crisis Recovery Worker Annalisa! The course will teach you the beautiful Italian language, and make you fall in love with Annalisa's home country through games, hand gestures and fun facts.

We are organising a taster session on Tuesday the 10th of May, 12:00-13:00. More information about the structure of the course and the frequency and dates of classes will be available after the first session. If you love pasta, are planning a trip to Italy, or simply want to learn a new language, come along!



HAVEN TIMETABLE MAY

Weekly

Monday: Life Skills (1-3pm)

Tuesday: Rise and Shine (6-7pm)

Wednesday: Social Butterflies Drop in group (1-3pm)

Thursday: Safe Haven Drop In (4-6pm)

Fortnightly

Friday 13th : Arts & Crafts (10-11:00am) *finishing earlier

Friday 27th : Arts & Crafts (10-11:30am)

Monthly

Saturday 7th : A.W.A.R.E (11:30-12:30pm)

Tuesday 10th A bit of Italy (12-1pm)

Thursday 19th : Mindfulness (6-7pm)

Saturday 21st : Creative Writing (12-1pm)

Thursday 26th : Physical Health (5-6pm)

How to Book

Eventbrite: Phone: 0330 008 3672



Rise and Shine:

Website: <https://riseandshinelancs.org.uk/>

Facebook: @riseandshinelancashire

By booking your place you will be registered with Richmond Fellowship

THE HAVEN
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Making recovery reality



CENTRAL LANCASHIRE HAVEN GROUPS

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MINDFULNESS

Would you like to find out more about mindfulness, improve your emotional resilience and find a slice of calm in every day life? Join us at the Haven for this one hour Mindfulness.

PHYSICAL HEALTH

This group explores the science behind food & mood, how physical exercise benefits mental health and tips for sleep and personal hygiene.

LIFE SKILLS

Learn some life skills such as money management, drug and alcohol awareness, confidence building and much more. This is a 12 week course, finishing on 16th May 2022.

ART THERAPY

Enjoy being creative? If you want to try new things, meet new people and build your confidence then why not come and join our art therapy group. This runs fortnightly.

A BIT OF ITALY

Want to learn the language of Italy and fall in love with the country through games, hand gestures and fun facts. Gain some knowledge that might come in handy for holidays or to show off to your friends.

SOCIAL BUTTERFLIES

Come along to play some games, do some fun activities and build some friendships. This is a social group which will be there to help people build a peer support network. (Drop in group)

CREATIVE WRITING

Are you a budding novelist? An experienced poet? Or a complete novice? Anyone is welcome to join our creative writing session to learn some new skills and have some fun.

SAFE HAVEN DROP IN

Come to our drop in where you can sit quietly and get away from what might be going on in your life. Have a brew, read a book or get some more information. This is a safe space for you to spend time alone.

A.W.A.R.E.

This group is aimed at raise awareness about alcoholism/addiction. We aim to provide an understanding of these topics and break down barriers and negative cycles

Email: Centrallancashirehaven@RichmondFellowship.org.uk Or call us on: **0330 0083672**