



**Nov 2017-January 2018**

Information, advice and support empowering individuals with a learning disability in Warwickshire



## being healthy

**LEAMINGTON** (Sydni Centre)

**Tuesday:** 12pm – 2pm

**Wellbeing Workshop** with Dan.

Learn about Health and Wellbeing. 6 week course-Booking Essential.

**LEAMINGTON** (St Mary's Allotments)

**Tuesday:** 10am - 2:30pm

**Friday:** 2pm - 4:30pm

**Allotment Time** with Mike

Join our free session where we grow our own veg in our community allotment.



## community

**STRATFORD** (Holy Trinity Church)

**Monday:** 10am – 12pm

**Community Champs** with Rachel and Mike.

**LEAMINGTON** (Sydni Centre)

**Thursday:** 10am - 12pm

**Speak Up Stand Up** with Dan.

Week 1 - Stay Safe

Week 2 - Speaking Up

Week 3 - Stay Safe

Week 4 - Stay Safe Online



## feeling good

**STRATFORD** (Holy Trinity Church)

**Monday:** 12pm – 12:45pm

**Drop In** with Mike or Rachel.

**STRATFORD** (Escape Arts)

**Wednesday:** 2pm – 4pm

**Create & Chat** with Mike.

**LEAMINGTON** (Sydni Centre)

**Tuesday:** 10am – 2pm

**Drop In** with Dan.

**LEAMINGTON** (Sydni Centre)

**Thursday:** 1:30pm – 4:30pm

**Drop In** with Dan.



## learning and work

**LEAMINGTON** (Sydni Centre)

**Tuesday:** 2pm – 4pm

**Money Manager Course** with Dan.  
6 week course- Booking Essential.

**LEAMINGTON** (Sydni Centre)

**Every other Tuesday:** 10am - 2pm  
**Accelerate & Progress Programme**  
with Karen and Nikki from H of E Mencap. 1-1 appointments to help you into work.

Booking essential-please speak to Dan.

# COMMUNITY WELLBEING



We offer group activity sessions and workshops at various locations in the south of Warwickshire. Our Community Navigators also offer 1-to-1 sessions (up to a maximum of six sessions) to focus on individual wellbeing. For more information please contact Dan Jhutti.

Telephone: **07484 503644**

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Email: **Daniel.Jhutti@turning-point.co.uk**

## STRATFORD

Holy Trinity Church  
Old Town  
Stratford-Upon-Avon  
CV37 6BG

Escape Arts

The Old Slaughterhouse  
Sheep Street  
Stratford-upon-Avon  
CV37 6EE

## LEAMINGTON SPA

Sydni Centre  
Cottage Square  
Leamington Spa  
CV31 1PT

St Mary's Allotment  
Radford Road  
Leamington Spa  
CV31 1LF

If wheelchair access is required  
please phone first

## Allotment

Learn new skills with a gardening workout, helping with our allotment, at St Mary's Community Allotments.

## Community Champs

Working together to give something back to the community, learning about new topics and helping to raise funds.

## Speak Up Stand Up

Rolling four week sessions on being safe in the community and at home, including on the internet.

## Drop In

Speak to our Navigators about any issues you may have. No need to book.

## Create & Chat

An opportunity to make new friends and socialize, whilst creating fun things.

## Wellbeing Workshop

A 6 week workshop to cover different parts of health and wellbeing.

## Money Manager Course

Learn how to manage a budget and bank account.

## The Team



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being healthy



feeling good



community



learning and  
work

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