

## ***Wednesday Wellbeing Workshops***

**12th April: Dance & Movement**

**26th April: Mindfulness & Relaxation**

**24th May: Mindful & Anxiety Relaxation**

**1.30-2.30pm**

**Stirchley Baths, B30 2JT, Bus fare refunded on the day,**

Dance with Amelia Sommers, Dance Movement Psychotherapist (DMP) trained in contemporary dance before completing a Masters in Dance Movement Psychotherapy. Since then Amelia has been delivering DMP in South Africa, India and the UK, working with a wide variety of groups such as human trafficking survivors, vulnerable women and children, and adult and children's mental health <http://www.ameliasommers.com>

Jaci Smith works at the Wholeness Project: Mindfulness is a simple form of meditation that involves focusing on the present moment. It has been shown that by giving your present thoughts and feelings complete attention, and not thinking about the past, or worrying about the future – you can start to improve your overall mental wellbeing.

<http://wholenessproject.co.uk/product/mindfulness-and-yoga/>

Philippa Allenby will do practical mindfulness relaxations and body awareness to reduce anxiety. She will cover various issues to do with stress; psychotherapeutic as well as physical and life style factors. Philippa is a UKCP registered psychotherapeutic counsellor in Transactional Analysis with fourteen years experience. She is the programme lead of the IAPT contract for Spring to Life and is a provider of Eco-therapies for our well-being programmes.

<http://springtolife.org/meet-the-team/>

BOOK a PLACE: [kushingacommunitygarden@gmail.com](mailto:kushingacommunitygarden@gmail.com) /  
Sarah 07912 482 336 / Charles 07552 853 477

People's Health Trust - is an independent charity working with 51 Community Interest Companies raising money to address health inequalities across England, Scotland and Wales through The Health Lottery. Our local charity is HealthBright  
[www.peopleshealthtrust.org.uk](http://www.peopleshealthtrust.org.uk)

money raised by  
**healthBright**  
through



Stirchley Baths, Bournville Lane, Birmingham, B30 2JT

Bus 45 or 47

Get off near to the Co-op Supermarket on the Pershore Road

