

WELLBEING SESSIONS

A series of free to access Wellbeing Sessions in the Summer & Autumn of 2024. Places are available by referral. The activities are part of our Positive Activities partnership with South Yorkshire Housing Association



WEEKLY GROUPS at Scotia Works, Leadmill Rd S1 4SE

Space to Breathe

Our Weekly Mindfulness and Safe Space for Wellbeing every **Wednesday** from 3rd April onwards
3.30pm for a drink and chat, 4pm start, finish by 5pm

FREE COURSES at Scotia Works, Leadmill Rd S1 4SE

Restorative Yoga Nidra Taster Sessions

After a successful pilot, we will be running new Yoga Nidra sessions this term. We plan deep rest classes for both men and women who face mental health & wellbeing challenges linked to stress, lack of sleep or struggle to relax.
To express interest email fran@spacetobreatheuk.com

Your Wellbeing Your Way

A new four week course aimed at helping you discover what recovery looks like to you and what is needed to make that a reality. Expect to learn new skills and strategies and explore tried and tested tools and techniques in a safe and supportive environment.

To express interest or book in email fran@spacetobreatheuk.com

First course is 9th, 16th, 23rd and 30th April 11am to 1pm

Places are limited and need to be booked.

Visit

<https://spacetobreatheuk.com/positive-activities>

use the QR Code left or

email

info@spacetobreatheuk.com



LEARN MINDFULNESS WITH SPACE TO BREATHE

A series of free to access Mindfulness sessions in 2024. Part of our Positive Activities partnership with South Yorkshire Housing Association.

MONTHLY ONLINE GROUPS

"Monthly Mindfulness"

After a pilot of Mindfulness sessions, we are now going to be running a monthly online workshop called "Monthly Mindfulness." Open to all, this session will look at different aspects of practising and living mindfully and give space for reflection and meditation.

Sessions are free and sixty minutes long. They take place on the last Wednesday of each month.

Dates for the summer term are:

24th April

29th May

26th June

24th July

all at 12.30pm

Sessions are supplemented by weekly videos you can find on our YouTube channel.

For more information visit
<https://spacetobreatheuk.com/positive-activities>
use the QR Code below or
email
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(space to
breathe)



South
Yorkshire
Housing
Association



Part of the SYHA Positive
Activities project

(space to
breathe)

YOUR WELLBEING

your way

MENTAL HEALTH RECOVERY EDUCATION COURSE

TUESDAYS 11AM - 1PM

AT SCOTIA WORKS, LEADMILL ROAD

9TH, 16TH, 23RD, 30TH APRIL 2024

This 4 week course has been designed by & is facilitated by people with a range of lived experiences of mental health challenges.

Join us to:

- explore what recovery means to you & what is needed to make it a reality
- learn new skills & personal strategies to help take control of your own wellbeing
- be a part of our non-judgemental & supportive peer community & learn from each other

HOW TO REGISTER:

If you are **over 18**, live in the **Sheffield** area & are willing to **respect a group agreement** that we will create together in the first session please contact

FRAN@SPACETOBREATHEUK.COM

for further details & secure your place

