

# COMMUNITY WORKSHOPS

Newham Talking Therapies



## WHAT ARE THEY?

We run one-off, educational workshops covering a variety of health and wellbeing topics.

Most of the workshops are usually ran **online** and last an hour, unless stated otherwise below.

They are **free, confidential** and run by our friendly staff members.

## WHO CAN ATTEND?

Any adults living, working or studying in Newham are welcome to attend one workshop a month. Don't forget, you'll need internet access!

## HOW TO SIGN UP?

- [Click here](#) to complete the registration form
- Email us @ [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net)
- Call us on **0208 175 1770**



# April 2023

## WELLBEING WORKSHOPS

*BUILDING CONFIDENCE* **MON 3RD @ 6PM | WED 12TH @ 10AM**

*DEALING WITH WORRIES AND ANXIETY* **WED 5TH @ 10AM | MON 24TH @ 6PM**

*IMPROVING SLEEP* **WED 5TH @ 12PM**

*MANAGING IRRITABILITY* **FRI 14TH @ 1PM**

*MANAGING LOW MOOD* **MON 17TH @ 6PM | THU 20TH @ 12PM**

*MANAGING STRESS* **MON 10TH @ 6PM | FRI 28TH @ 12PM**

*STAYING WELL (AFTER THERAPY)* **MON 24TH @ 2PM**

## LIVING WELL WITH...

*CARDIAC REHABILITATION* **WED 5TH & 12TH @ 12PM**

*CHRONIC FATIGUE* **MON 17TH @ 3PM**

*CHRONIC PAIN* **THU 20TH @ 12PM**

*COPD & RESPIRATORY* **TUE 18TH @ 12PM**

*DIABETES* **THU 13TH @ 12PM**

*IRRITABLE BOWEL SYNDROME* **TUE 11TH @ 12PM**

*LONG COVID* **MON 17TH @ 11AM**

*MEDICALLY UNEXPLAINED SYMPTOMS* **TUE 11TH @ 2PM**

## SPECIAL TOPICS

*STAFF WORKSHOP: BUILDING CONFIDENCE* **MON 17TH @ 3:30PM**

*ALCOHOL AND LOW MOOD* **FRI 14TH @ 12PM**

*FEAR OF CANCER RECURRENCE* **THU 6TH @ 10:30AM**

*DEALING WITH GRIEF AND LOSS* **THU 6TH @ 1PM**

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# May 2023

## WELLBEING WORKSHOPS

*BUILDING CONFIDENCE* **MON 1ST @ 6PM | TUE 23RD @ 12PM**

*DEALING WITH WORRIES AND ANXIETY* **WED 17TH @ 2PM | MON 22ND @ 6PM**

*IMPROVING SLEEP* **MON 15TH @ 12PM**

*MANAGING IRRITABILITY* **TUE 9TH @ 10AM**

*MANAGING LOW MOOD* **MON 8TH @ 6PM | THU 11TH @ 10AM**

*MANAGING STRESS* **WED 3RD @ 12PM | MON 15TH @ 6PM**

*STAYING WELL (AFTER THERAPY)* **FRI 19TH @ 12PM**

## LIVING WELL WITH...

*CARDIAC REHABILITATION* **WED 3RD | WED 10TH @ 12PM**

*CHRONIC FATIGUE* **TUE 9TH @ 3PM**

*CHRONIC PAIN* **THU 18TH @ 12PM**

*COPD & RESPIRATORY* **TUE 23RD @ 12PM**

*DIABETES* **THU 11TH @ 12PM**

*IRRITABLE BOWEL SYNDROME* **TUE 16TH @ 12PM**

*LONG COVID* **MON 15TH @ 11AM**

*MEDICALLY UNEXPLAINED SYMPTOMS* **TUE 9TH @ 2PM**

## SPECIAL TOPICS

**STAFF WORKSHOP - STRESS MANAGEMENT MON 22ND @ 15:30**

**INTRODUCTION TO MINDFULNESS TUE 23RD @ 12PM**

**ALCOHOL AND ANXIETY FRI 12TH @ 12PM**

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# JUNE 2023

## WELLBEING WORKSHOPS

*BUILDING CONFIDENCE* **MON 5TH @ 6PM | TUE 27TH @ 12PM**

*DEALING WITH WORRIES AND ANXIETY* **THU 8TH @ 10AM | MON 26TH @ 6PM**

*IMPROVING SLEEP* **WED 21ST @ 2PM**

*MANAGING IRRITABILITY* **WED 7TH @ 12PM**

*MANAGING LOW MOOD* **MON 12TH @ 6PM | FRI 16TH @ 12PM**

*MANAGING STRESS* **MON 19TH @ 6PM | THURS 29TH @ 12PM**

*STAYING WELL (AFTER THERAPY)* **TUE 13TH @ 10AM**

## LIVING WELL WITH...

*CARDIAC REHABILITATION* **WED 7TH @ 12PM | WED 14TH @ 12PM**

*CHRONIC FATIGUE* **MON 12TH @ 3PM**

*CHRONIC PAIN* **THU 22ND @ 12PM**

*COPD & RESPIRATORY* **TUE 20TH @ 12PM**

*DIABETES* **THU 8TH @ 12PM**

*IRRITABLE BOWEL SYNDROME* **TUE 13TH @ 12PM**

*LONG COVID* **MON 19TH @ 11AM**

*MEDICALLY UNEXPLAINED SYMPTOMS* **TUE 13TH @ 2PM**

## SPECIAL TOPICS

*STAFF WORKSHOP: IMPROVING SLEEP* **MON 19TH @ 3:30PM**

*FOOD AND MOOD* **THU 29TH @ 9:30AM**

*ALCOHOL AND SLEEP* **FRI 9TH @ 12PM**

*FEAR OF CANCER RECURRENCE* **THU 8TH @ 10:30AM**

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