

Wellbeing Workshop Schedule February – April 2020

The following workshops can be booked by calling our admin staff on
020 3513 5888 or www.eventbrite.co.uk/o/merton-uplift-20035390826

The Chaucer Centre, Canterbury Road, Morden, SM4 6PX

Coping With Stress

5 February 1 – 5pm

Managing Anger & Irritability

27 February 1 – 5pm

Self-Confidence & Assertiveness

4 March 1 – 5pm

Self-Care & Relaxation

24 March 11am – 3pm

Managing Anger & Irritability

8 April 1 – 5pm

Coping With Stress

16 April 1 – 5pm

Commonside Community Trust, New Horizon Centre, Mitcham, CR4 1LT

Self-Care & Relaxation

18 February 1 – 5pm

Self-Confidence & Assertiveness

19 March 1 – 5pm

Self-Care & Relaxation

30 April 1 – 5pm

Lambton Road Medical Practice, 1 Lambton Road, Raynes Park, SW20 0LW

Managing Anger & Irritability

11 February 11am – 3pm

Reaching Your Potential

25 February 11am – 3pm

Managing Anger & Irritability

17 March 11am – 3pm

Reaching Your Potential

15 April 1 – 5pm

Wimbledon Library, 35 Wimbledon Hill Road, SW19 7NB

Coproduction with One You Merton.

Looking at the Whole Individual: Mental &
Physical Wellbeing

3 February 10am – 4pm

2 March 10am – 4pm

6 April 10am – 4pm

Coping With Stress

21 April 11am – 3pm



Each workshop is a one off session, running between 2 – 4 hours long. This time includes a 30 – 45 minute lunch break and two 5 – 10 minutes mini breaks. Ultimately the workshop length depends on the group size, with a maximum of 16 individuals per session.

Wellbeing Workshop Schedule February – April 2020

The following workshops can be booked by calling our admin staff on
020 3513 5888 or visiting www.eventbrite.co.uk/o/merton-uplift-20035390826

Holy Trinity Church, 234 The Broadway, Wimbledon, SW19 1SB

Self-Confidence & Assertiveness
21 February 11am – 3pm

Coping With Stress
20 March 11am – 3pm

Managing Anger & Irritability
24 April 11am – 3pm

Men Only Workshops – Cricket Green Medical Practice, 75-79 Miles Road, CR4 3DA

Coping with Stress
26 February 4 – 6:30pm

Managing Anger & Irritability
25 March 4 – 6:30pm

Self-Confidence & Assertiveness
29 April 4 – 6:30pm

Cricket Green Medical Practice, 75- 79 Miles Road, Mitcham, CR4 3DA

Self-Confidence & Assertiveness
4 February 11am – 3pm

Reaching Your Potential
12 February 1 – 5pm

Coping With Stress
10 March 11am – 3pm

Self-Care & Relaxation
22 April 1 – 5pm

Pollards Hill Baptist Church, Wide Way, Mitcham CR4 1BN

Maintaining Your Wellbeing
13 February 1 – 5pm

Managing Anger & Irritability
12 March 1 – 5pm

Reaching Your Potential
9 April 1 – 5pm

Each workshop is a one off session, running between 2 – 4 hours long. This time includes a 30 – 45 minute lunch break and two 5 – 10 minutes mini breaks. Ultimately the workshop length depends on the group size, with a maximum of 16 individuals per session.

For more information please contact the wellbeing team:
mertonwellbeing@swlstg.nhs.uk

