

Timetable of on-line events scheduled throughout March

Monday 1st

10 - 11 Connect Coffee Morning with Chapter. To Book:

<https://www.eventbrite.co.uk/e/141303234779>

11 - 12 Healthbox: The Bubble - *In the bubble*: Come and have a virtual coffee and speak with your social prescribers. They can help signpost you to local services or sign you up to the social prescribing service for more long-term support. To Book: https://healthboxcic.zoom.us/meeting/register/tJwlc-ggpzMrHNNNpgk3bHTzBUNcT7_X-WJL

2 - 3 The End of Life Partnership: An understanding of loss, bereavement, grief, and mourning. Tips on how to help, even if contact is indirect e.g., telephone support. To Book: <https://booking.eolp.org.uk/?ceID=6335>

Tuesday 2nd

10:30 - 12 Heathbox: Moving Matters - In conjunction with **Cheshire Dance**. An online well-being workshop helping you discover new ways to breathe, relax, move and express yourself. To Book: https://zoom.us/webinar/register/WN_3bBn4FISRsybH3MmgHDijg

6pm Healthbox: Mid-Week Mindfulness with Mike Henshall. Join Mike Henshall for some Mid-Week Mindfulness meditation. A great way to engage with other like-minded people and take a few minutes for yourself to reconnect. (for 30 minutes) To Book: https://healthboxcic.zoom.us/meeting/register/tJcldu2opzwiGNzwJSaXge7DqC Mo_TE1pceD

Wednesday 3rd

10 - 11.30 Volunteer Managers' Wellbeing Coffee Morning with CWVA To book contact dee.gunning@chesterva.org.uk

1 - 2.30 Healthbox: Unleash Your Inner Artist. Paint a set picture alongside a professional artist in a fun and relaxed atmosphere. Use whatever art materials you have at home (paints, colouring pencils/pens, paper etc). To Book: <https://healthboxcic.zoom.us/meeting/register/tJYuce2grzlrG9wzYJy-uhTP7ht6qi9WHTHr>

Thursday 4th

1 - 2 Healthbox: Weight, Let's Manage It. Day-Time

Want to lose weight but struggling to make the changes you need? Join your local social prescribers and let them help you with a step-by-step guide on weight loss and how to manage it. To Book:

<https://healthboxcic.zoom.us/meeting/register/tJEpf-2urzorGtT7-VJ0noBQ-IX7pSGzkCMO>

7 - 8 Healthbox: Weight, Let's Manage It. Evening

Want to lose weight but struggling to make the changes you need? Join your local social prescribers and let them help you with a step-by-step guide on weight loss and how to manage it. To Book:

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Friday 5th

11 - 11.45 Chatter Chairs: Chatter Chairs offers a seated chair exercise session for anyone with limited mobility. The sessions focus on improving strength and increasing flexibility and movement through the joints. **Sessions also available to book on the 12th, 19th & 26th.** To Book:

<https://bookwhen.com/divafitness#focus=ev-s5xc-20210305110000>

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Monday 8th

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Tuesday 9th

10:30 - 12 Heathbox: Moving Matters - In conjunction with Cheshire Dance.

An online well-being workshop helping you discover new ways to breathe, relax, move and express yourself. To Book:

https://zoom.us/webinar/register/WN_3bBn4FISRsybH3MmgHDijg

6pm Healthbox: Mid-Week Mindfulness with Mike Henshall. Join Mike Henshall for some Mid-Week Mindfulness meditation. A great way to engage with other like-minded people and take a few minutes for yourself to reconnect. (for 30 minutes) To Book:

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Wednesday 10th

10 - 11 The End of Life Partnership: An understanding of loss, bereavement, grief, and mourning. Tips on how to help, even if contact is indirect e.g. telephone support. Contact details of organisations that can offer more in-depth support. To Book: <https://booking.eolp.org.uk/?ceID=6335>

11 - 12 Radiate Arts: Reading Poetry Together. In this wellbeing workshop, poet Emma Beynon will read aloud a carefully selected choice of poetry for all participants to respond to and enjoy. To Book: <https://www.eventbrite.co.uk/e/140829323297>

12 - 1 Helping Reach Potential: 'Strengthology' - Discovering your personality strengths: with Cat Williams: To Book: <https://www.eventbrite.co.uk/e/141402597977>

1 - 2.30 Healthbox: Unleash Your Inner Artist. Paint a set picture alongside a professional artist in a fun and relaxed atmosphere. Use whatever art materials you have at home (paints, colouring pencils/pens, paper etc). To Book: <https://healthboxcic.zoom.us/meeting/register/tJYuce2grzlrG9wzYJy-uhtP7ht6qi9WHTHr>

Thursday 11th

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Friday 12th

11 - 12 CWVA: Creative Writing for Wellbeing: A workshop designed to be a relaxing exploration of your creative side. To Book:

<https://www.eventbrite.co.uk/e/creative-writing-for-wellbeing-tickets-141405721319>

2 - 4 Chapter: Wellbeing Strategies for Volunteer Managers and Volunteers. In-depth workshop covering a range of wellbeing techniques and how to construct a wellbeing action plan. To Book:

<https://www.eventbrite.co.uk/e/wellbeing-strategies-for-volunteer-managers-and-volunteers-tickets-141407057315>

Monday 15th

10 - 11 Connect Coffee Morning with Chapter. To Book:

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Tuesday 16th

10:30 - 12 Heathbox: Moving Matters - In conjunction with **Cheshire Dance.**

An online well-being workshop helping you discover new ways to breathe, relax, move and express yourself. To Book:

https://zoom.us/webinar/register/WN_3bBn4FISRsybH3MmgHDijg

11 - 12 Spider Project Chester: CREATIVE RECOVERY: DIP A TOE IN THE WATER.

This session will help you to understand what creative recovery is all about through listening, doing and sharing. Led by staff from No71 Spider Project, a crisis space and creative recovery community for Cheshire West and Chester.

To Book: <https://www.eventbrite.co.uk/e/creative-recovery-dip-a-toe-in-the-water-tickets-141443311753>

6pm Healthbox: Mid-Week Mindfulness with Mike Henshall. Join Mike Henshall for some Mid-Week Mindfulness meditation. A great way to engage with other like-minded people and take a few minutes for yourself to reconnect. (for 30 minutes) To Book:

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Wednesday 17th

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11 - 1 Changing Lives Together: Making the most out of your slow cooker.

Hints and tips from community chefs: To Book:

<https://www.eventbrite.co.uk/e/141457070907>

Thursday 18th

10 - 11 The End of Life Partnership: An understanding of loss, bereavement, grief, and mourning. Tips on how to help, even if contact is indirect e.g., telephone support. Contact details of organisations that can offer more in-depth support. To book:: <https://booking.eolp.org.uk/?ceID=6335>

10.30 - 12 Radiate Arts: Beyond Reflections An abstract self-portrait painting workshop for all abilities. To book: <https://www.eventbrite.co.uk/e/beyond-reflections-tickets-140831002319>

2.30 - 4 Healthbox: Active Listening Using the Wise Mind: A self-care workshop for volunteers and volunteer managers. Lizzie Wainwright. To book: <https://www.eventbrite.co.uk/e/active-listening-using-the-wise-mind-tickets-141301090365>

Friday 19th

10 - 12 Fallen Angels Dance Theatre. Movement Well Being workshop
No experience necessary

Outcomes for Participants:

- An opportunity to do something different and inspiring.
- Discover a mind body connection
- Connect with others over zoom
- Improve physical well being and feel good
- Gain an insight into how the Fallen Angels community has been maintaining their well being through out the Covid 19 Pandemic.

To Book: <https://www.eventbrite.co.uk/e/movement-well-being-workshop-tickets-141411548749>

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Monday 22nd

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Wednesday 24nd

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Thursday 25th

11 - 12 The Reader: The Reader invites you to sit back, relax and listen.

During this crisis, we want to offer you comfort, meaning and connection through great literature in new ways. The session will allow you to lose yourself in Literature, discuss, if you wish, the passage being read. To Book:

<https://www.eventbrite.co.uk/e/141275136737>

2 - 4 Mid Cheshire Mind: Mental Health Training: Know the signs of mental distress and how to look after your wellbeing. To Book:

<https://www.eventbrite.co.uk/e/mental-health-training-tickets-141844589987>

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To book: <https://booking.eolp.org.uk/?ceID=6335>

9.30 - 12.30 or 1.30 - 4.30pm Up + Thrive Resilience & Wellbeing for Staff:

A full day course: building on the introductory half day (1 x 3 hours) you will have the opportunity to put what is discussed into action, and create your own personal wellbeing and resilience plan (1 x 3 hours)

WANT TO FEEL RESILIENT AND RARING TO GO? TO ACHIEVE YOUR GOALS WHILST KEEPING YOURSELF HAPPY, HEALTHY AND MOTIVATED?

Workplace wellbeing and resilience are key for healthy high performance and to achieve sustainable success. Practical strategies tried and tested tools and insights can boost your skills in both.

WHAT WILL YOU GAIN?

- Awareness of how resilient you are
- Recognise the importance of self-care, and when and how to ask for help
How to incorporate the 5 Ways to Wellbeing in daily life
- Tools and techniques to form a resilient attitude for dealing with uncertainty and change.

FACILITATORS: This course will be delivered by Kathryn Eade, expert in Resilience, who brings over 20 years' experience of supporting people and organisations to embrace change and thrive, and Sue Henry, Wellbeing Consultant, who worked within the NHS for 25 years and was instrumental in developing it's wellbeing strategy.

Courses listed will run online via Zoom. How to apply and start training: To check your eligibility for a funded programme or to enquire about one of our workshops, complete the form on this page. -

<https://www.upandthrive.com/wellbeing-and-resilience>

Or For more information and to book a place email:
acceleratecandw@chester.ac.uk

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Friday 26th

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Monday 29th

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Tuesday 30th

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