

A background image showing several hands of different skin tones reaching out and touching, symbolizing support and connection. A diagonal green bar runs across the image from the top left to the bottom right.

Our Wellbeing Service helps people to connect and access activities and resources to meet their physical, social and emotional needs. We run workshops and courses on a wide range of wellbeing, recovery and employment topics.



Free online
Wellbeing workshops
and courses
Summer 2020

Wellbeing workshops

– Coping with Stress

Monday 13th July, 11-12.30

Tuesday 11th August, 11-12.30

– Introduction to Wellbeing

Weds 8th July, 2-3:30 pm

Weds 29th July, 2-3.30 pm

Thursday 6th August, 11-12.30

– Relaxation and Self-care

Wednesday 22nd July, 2-3.30 pm

Friday 31st July, 11-12.30

Weds 12th August, 11-12.30

– Managing Anger and Irritability

Friday 7th August, 2-3.30 pm

Friday 14th August, 11-12.30

– Managing Change Webinar

Thursday 2nd July, 11–12.30

Thursday 9th July, 11–12.30

Recovery College courses (each course has two sessions)

– Managing Sleep

Thursday 16th July, 11-12 noon

AND

Thursday 23rd July, 11–12 noon

Friday 31st July, 1.30–2.30 pm

AND

Friday 7th July, 1.30–2.30pm

Friday 14th August, 1.30 –2.30 pm

AND

Friday 21st August, 1.30 – 2.30 pm

- Understanding Anxiety

Wednesday 22nd July 2-3.30 pm

AND

Wednesday 29th July, 2-3.30 pm

-Introduction to Recovery and Identity

Wednesday 5th August 1.30-3 pm

AND

Wednesday 12th August, 1.30-3pm

**Employment courses
(each course has two sessions)**

– Getting Back to Work

Friday, 10th July, 1.30–3 pm

AND

Friday 17th July, 1.30–3 pm

Thurs 13th August, 11-12.30

AND

Thursday, 20th August, 11-12.30

– Staying Well at Work

Thursday, 30th July, 11-12.30

AND

Thursday 6th August, 11-12.30

Weds 19th August, 1.30 –3 pm

AND

Weds 26th August, 1.30–3 pm

**All workshops and courses are
free to attend.**

**They are open to anyone who
is a Merton resident or is
registered with a Merton GP.**

**Please book your place as
soon as you can, as numbers
are limited and our sessions
fill up very quickly.**

Phone: 020 3513 5888

Email:

**[MertonWellbeing@swlstg.nhs
.uk](mailto:MertonWellbeing@swlstg.nhs.uk)**

Book directly on Eventbrite:

**[https://mertonuplift.eventb
rite.co.uk](https://mertonuplift.eventbrite.co.uk)**

**We will get back in touch with
you to confirm your place.**

*All of the workshops are currently
delivered online via MS Teams.*



*This is easy to use and we will help you
to get set up, if necessary.*