



WORKSHOPS

WHAT ARE THE WORKSHOPS?

We run **online** educational workshops covering a variety of health and wellbeing topics. All workshops are standalone 1-hour sessions delivered via MS Teams. They are **free, confidential** and ran by our friendly staff members.

WHO CAN ATTEND?

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

HOW TO SIGN UP?

[Click here](#) to complete the registration form

Email us @ elft.nttworkshops@nhs.net

Call us on **0208 175 1770**



JANUARY 2023

WELLBEING WORKSHOPS

- BUILDING CONFIDENCE* **MON 9TH @ 6PM | TUE 31ST @ 12PM**
- DEALING WITH WORRIES* **TUE 17TH @ 12PM | MON 30TH @ 6PM**
- IMPROVING SLEEP* **THU 12TH @ 12PM**
- MANAGING IRRITABILITY* **FRI 20TH @ 12PM**
- MANAGING LOW MOOD* **MON 16TH @ 6PM | THU 26TH @ 12PM**
- MANAGING STRESS* **TUE 10TH @ 12PM | MON 23RD @ 6PM**
- STAYING WELL (AFTER THERAPY)* **TUE 24TH @ 12PM**



LIVING WELL WITH...

- CARDIAC REHABILITATION* **WED 11TH @ 12PM | WED 25TH @ 12PM**
- CHRONIC FATIGUE* **MON 16TH @ 3PM**
- CHRONIC PAIN* **THU 26TH @ 12PM**
- COPD & RESPIRATORY* **TUE 17TH @ 12PM**
- DIABETES* **THU 19TH @ 12PM**
- IRRITABLE BOWEL SYNDROME* **TUE 10TH @ 12PM**
- LONG COVID* **THU 19TH @ 10.30AM**
- MEDICALLY UNEXPLAINED SYMPTOMS* **FRI 6TH @ 10.30AM**

SPECIAL WORKSHOPS

- STAFF WORKSHOP - WINTER WELLBEING* **MON 23RD @ 3.30PM**
- FEAR OF CANCER RECURRENCE* **THU 19TH @ 10.30AM AT VICARAGE LANE**



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FEBRUARY 2023

WELLBEING WORKSHOPS

- BUILDING CONFIDENCE* **MON 13TH @ 6PM | TUE 28TH @ 12PM**
- DEALING WITH WORRIES* **WED 8TH @ 12PM | MON 27TH @ 6PM**
- IMPROVING SLEEP* **WED 15TH @ 12PM**
- MANAGING IRRITABILITY* **TUE 21ST @ 12PM**
- MANAGING LOW MOOD* **MON 6TH @ 6PM | WED 15TH @ 12PM**
- MANAGING STRESS* **TUE 7TH @ 12PM | MON 20TH @ 6PM**
- STAYING WELL (AFTER THERAPY)* **THU 2ND @ 12PM**



LIVING WELL WITH...

- CARDIAC REHABILITATION* **WED 1ST @ 12PM | WED 22ND @ 12PM**
- CHRONIC FATIGUE* **MON 13TH @ 3PM**
- CHRONIC PAIN* **THU 23RD @ 12PM**
- COPD & RESPIRATORY* **FRI 10TH @ 12PM**
- DIABETES* **THU 16TH @ 12PM**
- IRRITABLE BOWEL SYNDROME* **TUE 7TH @ 12PM**
- LONG COVID* **THU 16TH @ 10.30AM**
- MEDICALLY UNEXPLAINED SYMPTOMS* **FRI 10TH @ 10.30AM**

SPECIAL WORKSHOPS

- STAFF WORKSHOP - FOOD AND MOOD* **MON 23RD @ 3.30PM**
- WOMEN'S WELLBEING* **FRI 17TH @ 1PM**
- PARENT MENTAL HEALTH* **THU 23RD @ 5.30PM**
- LGBTQ+ AND MENTAL HEALTH* **FRI 24TH @ 12PM**

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MARCH 2023

WELLBEING WORKSHOPS

BUILDING CONFIDENCE THU 9TH @ 12PM | MON 20TH @ 6PM

DEALING WITH WORRIES MON 20TH @ 6PM | THU 30TH @ 12PM

IMPROVING SLEEP THU 23RD @ 12PM

MANAGING IRRITABILITY WED 15TH @ 12PM

MANAGING LOW MOOD TUE 21ST @ 12PM | MON 27TH @ 6PM

MANAGING STRESS MON 6TH @ 6PM | WED 22ND @ 12PM

STAYING WELL (AFTER THERAPY) FRI 17TH @ 12PM



LIVING WELL WITH...

CARDIAC REHABILITATION WED 1ST @ 12PM | WED 29TH @ 12PM

CHRONIC FATIGUE MON 13TH @ 3PM

CHRONIC PAIN THU 23RD @ 12PM

COPD & RESPIRATORY TUE 21ST @ 12PM

DIABETES THU 16TH @ 12PM

IRRITABLE BOWEL SYNDROME TUE 14TH @ 12PM

LONG COVID THU 16TH @ 10.30AM

MEDICALLY UNEXPLAINED SYMPTOMS FRI 10TH @ 10.30AM

SPECIAL WORKSHOPS

FOOD AND MOOD FOR ALL WED 1ST @ 6PM

FEAR OF CANCER RECURRENCE THU 16TH @ 10.30AM AT

VICARAGE LANE



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