

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
- Call us on **0208 175 1770**

WELLBEING WORKSHOPS

JUNE 2023

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 @ 12PM**

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

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

QUEER SAFE SPACE **MON 12TH @ 12PM**

Scan this to sign up!

