

# PERI MERI MOMENTS

SEPTEMBER 2026 | ISSUE 22



## Hello all

Wow can't believe we are hurtling part way through September already! We have lots and lots of exciting things happening in the project... so here goes...

*Paula's*  
*Patch*

### Exciting News & Stuff Going On...

Super exciting to introduce **Jo Thompson, from the Wellness Network CIC** as one of our newly trained programme deliverers. Jo will be supporting me to pilot delivery of the **2-Day Peri Meri Menopause Programme**. We also have other programmes across the county which are being delivered by **Deb at NKDC and Kate, Mykey, Jo and Sam at LCC**. Lots of options and choice for people with some in the day, some in the evening and now weekends, so please share these across your networks and organisation. I would also like to welcome **Tracy and Ruth from Lincolnshire Action Trust**, who have also been trained to deliver the programme. They will primarily be supporting individuals that are already engaged with their organisation and will be directly delivering the programme to them. This is all amazing and it's most fabulous to see how the project has developed and moved on over the last few years.... 😊

As an **employer** or **group** that meets regularly, if you would like a **Menopause and Mental Health Awareness Session** just drop us a message at [meno@every-one.org.uk](mailto:meno@every-one.org.uk). These are a great introduction to the world of menopause, looking at symptoms and mental health and the support that's available across the county. A massive thank you to those of you who invited me this month and last month to pop along and waffle away, ensuring people are more aware of the implications of menopause on themselves and others.. 😊

We are also delighted to share the great work of our **Cancer & Menopause Co-production Group** and the postcard they have produced to help support others going through something similar...further details about that and how you can get hold of it are below!

### INCLUDED IN THIS ISSUE:

PERI MERI CELEBRATION

PERI MERI 5 WEEK  
MENOPAUSE PROGRAMME

PERI MERI 2-DAY  
MENOPAUSE PROGRAMME

MENOPAUSE AWARENESS  
SESSIONS FOR MEN

PERI MERI PANTS PODCAST

MENOPAUSE SUPPORT  
FOR EMPLOYERS

GET INVOLVED

EVENING MENOPAUSE CAFE

MIDDAY MINDFULNESS

CANCER & MENOPAUSE  
CO-PRODUCTION

CANCER & MENOPAUSE  
SUPPORT

TREAT YOURSELF TO A  
RETREAT

MINDFULNESS,  
MEDITATION & MORE

LET MUSIC SUPPORT YOU

USEFUL STUFF

Ooo and yes I completed the **Cotswold – Macmillan Mighty Hike (26 miles)**, along with my walking companion Lucy, on Saturday 12th September in 9 hours 44 minutes and we raised almost £1,000 between us! Thank you to all those that have sponsored me already, massively appreciated, but if anyone would still like to [sponsor](#) a little or large amount, it all adds up to a lot of support and love when people need it most ❤️.. Thank you! 😊

Again, thank you all for your continued support of the project, it's massively appreciated... hope you had a marvellous Summer 😎

Ooo yes, just one more little thing, the **Peri Meri Celebration**, it would be absolutely amazing to see you there... 😊 All the best.... Paula 😊

## WOOHOO CELEBRATION TIME!



We'd like to invite you to join us for the



## Peri Meri Menopause Moments Project Celebration!

**Why are we having this? Can you believe this is our final year and we are celebrating the project so far in Year 3!**

So, with this in mind we would love to share not only our achievements but also yours – through your involvement, support and being our champions!



**Tuesday 13th October 2026**



**Registration and arrival 10am to 10.30am (with a 10.30am start)**



**Woodhall Spa, Lincolnshire**

It'll be a day of two halves! In the morning there'll be speakers, feedback and activities and the afternoon will be a time to 'have a go' at some fun and relaxing stuff!

You're very welcome to come along for the whole day or just register for the morning only if that suits you better! Lunch will be provided!

It's important you register so we have an idea of numbers, so if you haven't already accepted the invitation you can do so by clicking on the button below:

**ACCEPT**

We hope to see you there celebrating with us! 🎉



# FREE PERI MERI PROGRAMMES FOR 2026

## LET US SUPPORT YOU TO THRIVE THROUGH MENOPAUSE!

Come along and join one of our free Peri Meri Menopause Programmes, with 2 hour weekly sessions delivered over 5 weeks, covering various topics in a safe space with real conversations and genuine support. Gain practical tips, expert guidance and real-life support – all in one place!

We are also excited to let you know about a condensed form of the programme being delivered over 2 days...you can read more about it and find out how to join below!

## Where and when are they being delivered?

### SKEGNESS



**Starting: Thursday 24<sup>th</sup> September 2026**



**2.00pm to 4.00pm**



**40 Alghitha Road, Skegness, PE25 2AJ**

To book your place on the Skegness programme visit

[www.app.tickettailor.com/events/lincolnshirecountycouncil3/2257287](http://www.app.tickettailor.com/events/lincolnshirecountycouncil3/2257287)

### LINCOLN



**Starting: Thursday 24<sup>th</sup> September 2026**



**2.00pm to 4.00pm**



**Boundary Street Hub, Boundary Street, Lincoln, LN5 8PF**

To book your place on the Lincoln programme visit

[www.buytickets.at/lincolnshirecountycouncil3/2257352](http://www.buytickets.at/lincolnshirecountycouncil3/2257352)

### RUSKINGTON



**Starting: Friday 30<sup>th</sup> October 2026**



**1.00pm to 3.00pm**



**Winchelsea Centre, Ruskington, NG34 9DT**

To book your free place on the programme email [Deborah\\_chessum@n-kesteven.gov.uk](mailto:Deborah_chessum@n-kesteven.gov.uk) or call on 07733 368676.

## LOUTH



**Starting:** Monday 2<sup>nd</sup> November 2026



**5.00pm to 7.00pm**



**Virginia House, 10 Virginia Drive, Louth, LN11 8BD**

Further details about how to book onto this programme will follow soon and will be added to our [website](#), so keep a look out!

## LINCOLN



**Starting:** Thursday 5<sup>th</sup> November 2026



**2.00pm to 4.00pm**



**Boundary Street Hub, Boundary Street, Lincoln, LN5 8PF**

Further details about how to book onto this programme will follow soon and will be added to our [website](#), so keep a look out!

### Still not sure?

To find out more about what the programme has to offer, visit our website at [www.every-one.org.uk/what-we-do/menopause](http://www.every-one.org.uk/what-we-do/menopause)

“

*the Peri Meri Menopause programme was just like somebody putting a comfort blanket around me, I could breathe, I could feel normal, I got very emotional because it was just such a relief to realise I wasn't on my own anymore*

Sarah, programme attendee

”

## 2-DAY MENOPAUSE PROGRAMME

We are super excited to announce we are currently trialling a new 2-day version of our FREE menopause programme as an alternative to the 5-week course. The programme takes place over two consecutive weeks, with sessions running from 9.30am to 3.30pm on each day.

**Day 1** – We will introduce the project, what the Peri Meri programme is all about, then the fun stuff starts – we will explore menopause symptoms, what they are and how they can affect you and combine this with more information around how menopause affects mental health.

**Day 2** – We will explore medications, what are these and how they can aide menopause, then look at health, wellbeing and holistic therapies and we will look at “what next”, enabling you to create your own future of action plan.

You'll receive the same information and support as the 5-week programme, but in a more condensed format designed to fit into a single day.

Our first 2-day programme is taking place on:

### Day 1



**Saturday 10<sup>th</sup> October 2026**



**10.00am to 3.30pm**



**Moorland Centre, Moorland Avenue, Lincoln, LN6 7NH**

### Day 2



**Saturday 17<sup>th</sup> October 2026**



**10.00am to 3.30pm**



**Moorland Centre, Moorland Avenue, Lincoln, LN6 7NH**

To book your free place on the 2-day programme visit [The Wellness Network](#)

## FREE MENOPAUSE AWARENESS SESSION FOR MEN

Would you like to know more about the menopause and how it can affect partners, friends, family and indeed work colleagues?

This online session is to raise awareness of the menopause, its symptoms and how it can make someone on their menopause journey feel.

We will also be discussing how you can signpost and access support for yourself and others.

**Don't box it up!** Join us on one of the dates below and find out more....

To book your place visit [www.bit.ly/menandmenoawareness](http://www.bit.ly/menandmenoawareness)



**OCTOBER**



**THURSDAY 22ND OCTOBER 2026**

12.00PM TO 1.00PM

**NOVEMBER**



**THURSDAY 12TH NOVEMBER 2026**

2.00PM TO 3.00PM

**DECEMBER**



**WEDNESDAY 16TH DECEMBER 2026**

12.00PM TO 1.00PM

**JANUARY**



**WEDNESDAY 20TH JANUARY 2027**

11.00AM TO 12.00PM

## PERI MERI PANTS PODCAST EPISODES 3 & 4 ARE LIVE!

The conversation continues in Episodes 3 and 4 of the Peri Meri Pants Podcast!

In episode 3, Paula, Jon, Julia and guests explore what hormonal treatments are available, sharing expert insights, personal perspectives and practical information to support the menopause journey.

In episode 4, Immy and Sam join Paula and Jon for their cancer and menopause reflections.

You can find out where to listen to **The Peri Meri Pants Podcast** at [www.thepantspodcast.com](http://www.thepantspodcast.com)



## MENOPAUSE SUPPORT FOR EMPLOYERS & EMPLOYEES

If you're an employer or employee, knowledge, education and awareness are key to understanding the menopause and improving staff welfare and retention.

It enables employees to make decisions around what is affecting them and how and what support could be put in place to enable them to continue in their work role.

### We are offering employers...

- Menopause support through development and engagement sessions, driven by the individual needs of the employer and their employees
- Access to a network of like-minded employers to share good practice and ideas via the Employer Network.

Our next **Employer Network** meeting takes place on **Wednesday 18<sup>th</sup> November 2026 from 10.30am to 12.00pm** via MS Teams and you can register for the meeting [here](#).

The notes of the July network meeting can be found on our [website](#), along with the slides from presentations given by Abigail Morris from Lancaster University about the **MENO-kit**, a free resource for employers around menopause awareness in the workplace and Nicola Eaton-Taylor at Spark Inspiration about Reflexology for Menopause.



As part of the network, we have developed a new Lincolnshire Standard for organisations that have, or wish to introduce, menopause champions, buddies, or friends (titles may vary). This standard outlines recommended training and defines key roles to help support colleagues effectively. The **Menopause Champion/Buddy/Friend in the Workplace** guidance is now available [here](#).

**Want to know more?** Go to our website for further information and updates [www.every-one.org.uk/what-we-do/menopause](http://www.every-one.org.uk/what-we-do/menopause)

## WOULD YOU LIKE TO GET INVOLVED?

Are you an organisation or a self-employed trained professional that offers services or provision that is beneficial to menopause support? Do you run peer support or have funded provision that is supporting menopause already? If so, would you be keen to help support and get involved on the Peri Meri Project?

We are looking for organisations and individuals across the county that can support us to support those on their menopause journey. If you'd like to find out more, visit our website at [www.every-one.org.uk/what-we-do/menopause](http://www.every-one.org.uk/what-we-do/menopause)

## EVENING MENOPAUSE CAFES!

We are hosting more Menopause Cafes this year, so why not come along for a cuppa and a chat in a safe and confidential space...with cake!

Menopause Cafes are discussion groups focused on breaking down the stigma around menopause and increasing awareness of the impact of menopause on those experiencing it.

The date for the next Menopause Cafe is

**Tuesday 3rd November 2026**

and is being held at **The Red Lion, Middle Street, Dunston, LN4 2EW** from **6.00pm to 7.30pm**. At the start of evening, Jill from **You Hue** will be joining us to chat about colour analysis and finding out what colours suit you best!



There's no need to book, just pop along...we'd love to see you! Any queries please don't hesitate to contact us at [meno@every-one.org.uk](mailto:meno@every-one.org.uk).

More information about the international Menopause Cafe movement can be found at [www.menopausecafe.net](http://www.menopausecafe.net)

## FREE MIDDAY MINDFULNESS

### Discover the power of mindfulness

Mindfulness can help relieve stress and anxiety, help you cope with physical and mental illness and promote more positive mental health.

#### What are the benefits of mindfulness?

- Reduces stress
- Improves concentration
- Promotes better sleep
- Improves wellbeing
- Reduces anxiety
- Improves focus

To register for any or all of these free one hour sessions visit [www.bit.ly/middaymindfulness](http://www.bit.ly/middaymindfulness) or scan the QR code!



**All sessions are at 12pm on:**

**Monday 12th October**  
**Thursday 12th November**  
**Monday 14th December**  
**Thursday 14th January 2027**

**BE KIND  
TO YOUR  
MIND**

## EARLY MENOPAUSE CO-PRODUCTION GROUP

We have postponed the Menopause and Young Person Co-production group for the time being. We are going to set up an adhoc session shortly to establish what we could do to support young people with menopause, over and above what is undertaken via the project already.

We think you need something different in the county, but we're not sure what that should look like. Watch this space for more information.



## CANCER & MENOPAUSE CO-PRODUCTION

We understand that experiencing menopause as a result of cancer treatment can be challenging. **You're not alone and your story matters.** By working with people with lived experience and professionals together, we aim to improve the experience for all.

Our Cancer & Menopause Co-production group is a safe and welcoming space where women like you can share your experiences and shape information and support for others.

### Is this for you?

Join us if you:

- have lived experience of menopause as a result of your cancer treatment.
- are a professional who supports women experiencing cancer who may be impacted by menopause.

### WHEN

Monthly on a Thursday  
9.30am to 12.30pm

### WHERE

Every-One offices in  
Wellingore  
**or** online via MS Teams

### REGISTER

The link to register your interest  
in the Cancer & Menopause  
Co-production group is  
[www.bit.ly/cancercoprogrou](http://www.bit.ly/cancercoprogrou)

# CANCER & MENOPAUSE SUPPORT

We are delighted to share and celebrate the work of the Cancer and Menopause Co-production Group, who have produced a new postcard designed to help support people who may be starting, going through or have completed cancer treatment and are experiencing menopause-related symptoms or concerns.

This postcard, pictured below, has been developed through co-production, bringing together lived experience and professional insight to create a simple, accessible resource that may help people feel less alone and more able to seek information, advice and support when they need it.

We would like to share this valuable resource with you and the people you support, so if you'd like to receive some of the postcards, **completely free of charge**, please let us know by completing a short form at [www.postcardrequestform](http://www.postcardrequestform) and we will post them out to you!

We also have a screen slide available, which you are welcome to use in your surgeries, clinics or waiting areas, if appropriate.

Thank you for helping us share this important resource and for supporting people affected by menopause and cancer treatment.

## CANCER & MENOPAUSE IN LINCOLNSHIRE

**You're not alone**

Coming to the end of cancer treatment can feel like standing on the verge of something new. You may be feeling relieved but a bit uncertain, with new symptoms to cope with. **Could it be the menopause?**

Support that was once all around you can suddenly drop away. Your body and mind may feel unfamiliar. At times you might not recognise yourself and that's okay.

**Sam**  
Chemotherapy pushed me into early menopause. I didn't see it coming, and I didn't recognise myself for a while. I wish I'd known then what I know now.

**Imogen**  
When treatment ended, the support seemed to stop too. That was when I felt most alone – and when I needed reassurance the most.

**Kate**  
Some days I felt angry, exhausted and emotionally out of control. There was so much going on. It's ok to feel lots of things.

**Feeling pants about the menopause?**

**every one**  

For some of us, cancer treatment brought on menopause suddenly. For others, menopause was already part of life.

**SYMPTOMS MAY INCLUDE**

- exhaustion or brain fog
- anxiety or low mood
- hot flushes, sleep problems or joint pain
- feeling emotional, irritable, or simply not quite yourself

**Symptom Checker**



It doesn't matter what causes your symptoms, cancer treatment, menopause, or both. What matters is how it affects you. Everyone is different and what works for one person may not work for another. We want you to know that support is out there.

Many of us wish we'd known earlier how much support is available. We hope this helps you take the next step, at your own pace.

We are the Lincolnshire Cancer & Menopause Co-production Group, part of the Peri Meri Menopause Moments Project facilitated by Every-One.

**You don't have to navigate this alone.**  
Trusted information and support is out there:

**IT'S OKAY**

- to ask questions
- to ask for help
- to say, "I'm struggling"

**menopause and cancer**  
<https://menopauseandcancer.org/>

**MACMILLAN CANCER SUPPORT**  
<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/menopausal-symptoms-and-cancer-treatment>

**Connect to support Lincolnshire**  
<https://lincolnshire.connecttosupport.org/>

**every one**  
[www.every-org.uk](http://www.every-org.uk)



# Here's some other stuff going on around the county you might be interested in!

## TREAT YOURSELF TO A RETREAT

The Wellness Network CIC's **Permission to Pause** is a guided 3 intentional hours for women who are functioning on the outside but exhausted underneath. Designed to restore clarity, energy and the internal space required for meaningful change.

You don't need more information or another morning routine or to try harder, you need space. **Permission to Pause** is a guided experience designed to help you regulate your nervous system, reconnect with your body, create capacity for meaningful change and step out of survival mode. Through silent coaching, guided breathwork, a gorgeous Sound Bath and intentional reflection, they'll create the internal space that burnout has been blocking.

Two mini retreats are taking place in:

- **Clowne** on **Saturday 3<sup>rd</sup> October 2026** from 10am to 1pm
- **Stamford** on **Sunday 25<sup>th</sup> October 2026** from 10am to 1pm

Find out more and register at:

Clowne - [www.thewellnessnetwork.co.uk/event-info/permission-to-pause-clowne](http://www.thewellnessnetwork.co.uk/event-info/permission-to-pause-clowne)

Stamford - [www.thewellnessnetwork.co.uk/event-info/permission-to-pause-stamford](http://www.thewellnessnetwork.co.uk/event-info/permission-to-pause-stamford)

## Know Your Normal with Emma Jackson

For Breast Cancer Awareness Month Emma Jackson will be delivering a FREE Guest Speaker webinar. Emma will introduce you to a new way of keeping track of your breast health by using a device that works with radio-waves and can be used safely on women of all ages.

The webinar takes place on Monday 12th October from 12pm to 1pm. To register visit [www.thewellnessnetwork.co.uk/event-info/breast-cancer-awareness-month-know-your-normal-with-emma-jackson](http://www.thewellnessnetwork.co.uk/event-info/breast-cancer-awareness-month-know-your-normal-with-emma-jackson)



## MINDFULNESS, MEDITATION & MORE!

Stuart offers a range of services within the areas of Meditation, Massage, Reiki, Readings and Mindfulness, some of which can be delivered remotely. You can find out more about the treatments and services on offer on his website at [www.couling.co.uk/](http://www.couling.co.uk/)



Stuart also offers communication and reiki sessions for our four legged friends! He works with all animals to help improve some behaviours and create a deeper bond between human and animal [www.couling.co.uk/animals](http://www.couling.co.uk/animals)

On Wednesday evenings Stuart hosts weekly online Guided Meditation sessions from 7.30 – 8.30pm via Zoom for only £5 per session. Email [stuart@couling.co.uk](mailto:stuart@couling.co.uk) if you'd like to join.

**There are some more group sessions coming soon!**

To find out more about Stuart's sessions, or make regular appointments, email [stuart@couling.co.uk](mailto:stuart@couling.co.uk) or visit [www.couling.co.uk](http://www.couling.co.uk)

## LET MUSIC SUPPORT YOU!

**Supporting a loved one? Creative support for those who care!**

**MusiCare** provides a non-clinical, creative approach to mental health support for unpaid and paid care workers. Sessions offer a welcoming space for collaborative music-making, creativity and self-expression.



**Express Yourself:** Join relaxed song writing and singing groups.

**Relieve Stress:** Proven to dramatically reduce anxiety and build community.

**Share the Joy:** Work towards a relaxed, optional performance for your loved ones.

**0 cost and accessible:** 100% FREE and sessions taking place county wide.

**Making it work for you:** Carers can bring the person they care for, where appropriate and they will be supported by trained professional care staff.

For more information and to find a workshop near you visit the Soundlincs website at [www.soundlincs.org/attend-workshop](http://www.soundlincs.org/attend-workshop)



## GRANTHAM MENOPAUSE CAFES!

**Grantham Squash Club** is hosting two Menopause Cafes in the coming months, so please feel free to pop along for a cuppa and a chat in a safe and confidential space...with cake!



They are being held on:

**Saturday 10<sup>th</sup> October 2026**

**from 10.30am to 12.30pm**

**and**

**Saturday 12<sup>th</sup> December 2026**

**from 10.30am to 12.30pm**

Both cafes are being held by Dr Angela Esiwe at **Grantham Squash Club, Harlaxton Road, Grantham, NG31 7JX**. They are **free** to attend and there is no need to book...just pop in!

Menopause Cafes are discussion groups focused on breaking down the stigma around menopause and increasing awareness of the impact of menopause on those experiencing it.

More information about the international Menopause Cafe movement can be found at [www.menopausecafe.net](http://www.menopausecafe.net)

AVAILABLE IN YOUR PRACTICE NOW

# HEALTH & WELLBEING COACHES

Are you ready to **Achieve Your Goals** ??

**Health and Wellbeing Coaches work with you to give you the knowledge, skills and motivation needed to make healthier lifestyle choices.**

Benefits for you could include:

- Improve your motivation
- Improve your physical activity levels
- Develop health and wellbeing knowledge
- Gain confidence
- Improve your overall sense of health
- Improve your sense of control
- Feel empowered

For more information please visit  
[www.bostonpcn.co.uk](http://www.bostonpcn.co.uk)



or email:  
[bostonhealthandwellbeing@nhs.net](mailto:bostonhealthandwellbeing@nhs.net)



Lincolnshire Sensory Services

delivered by  B-I-D SERVICES

## Market Stall Event!

**Tuesday 6<sup>th</sup> October**  
**10am – 4pm**

Drop in for a coffee and chat for information on local services.

We'll be joined by the wonderful organisations below and many more!



07771 606804



[amanda.stait@bid.org.uk](mailto:amanda.stait@bid.org.uk)



**healthwatch**  
Lincolnshire



**Carers First**

**Local Community  
Centre,  
Mitre Lane,  
Boston,  
PE21 6EB**



LOOKING FOR A WARM,  
WELCOMING SPACE TO  
MEET NEW PEOPLE?



# SHINE ON!

Enjoy a cuppa, biscuit, and chat. Connect with others and share great conversation in a relaxed environment. Build friendships and receive signposting support and advice.

JOIN US ON  
**MONDAYS**

9:30AM-11:30AM

**WEDNESDAY**

1:00PM-3:00PM

**NO NEED TO BOOK -  
JUST DROP IN AND ENJOY!**

TRINITY CENTRE  
EASTGATE  
LOUTH  
LN11 8DJ



LOOKING FOR A WARM,  
WELCOMING SPACE TO  
MEET NEW PEOPLE?



JOIN US EVERY  
**TUESDAY**

1:00PM-3:00PM

Enjoy a cuppa, a biscuit, and chat. Connect with others and share great conversation in a relaxed environment. Build friendships and receive signposting support and advice.

**NO NEED TO BOOK -  
JUST DROP IN AND ENJOY!**

TRINITY CENTRE  
EASTGATE, LOUTH  
LN11 8DJ



## SOME USEFUL WEBSITES...

Menopause Support –

[www.menopausesupport.co.uk/](http://www.menopausesupport.co.uk/)

The Menopause Charity –

[www.themenopausecharity.org/](http://www.themenopausecharity.org/)

Menopause Matters –

[www.menopausematters.co.uk/](http://www.menopausematters.co.uk/)

Daisy Network – [www.daisynetwork.org/](http://www.daisynetwork.org/)

Bladder & Bowel UK – [www.bbuk.org.uk/](http://www.bbuk.org.uk/)

Mental Health Foundation –

[www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

H.A.Y (How Are You) Lincolnshire –

[www.haylincolnshire.co.uk](http://www.haylincolnshire.co.uk)

Connect 2 Support –

[lincolnshire.connecttosupport.org/](http://lincolnshire.connecttosupport.org/)

Lincolnshire Talking Therapies –

[www.lincolnshiretalkingtherapies.nhs.uk\\_](http://www.lincolnshiretalkingtherapies.nhs.uk_)

Lincolnshire Wellbeing & Recovery College  
courses –

[www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

Mind – Mental Health Charity – [www.mind.org.uk](http://www.mind.org.uk)

Shine Lincolnshire – [www.shinelincolnshire.com](http://www.shinelincolnshire.com)

## ANYTHING TO ADD?

If there's anything you'd like to tell our readers about, send it through and we'll add it to the next bulletin. Any courses you're delivering or events you're planning or if you simply want to share some valuable information....let us know!

## Watch this space!

Coming soon:

- Programme participants share their stories and how the programme has supported them.

### QUICK FACTS



#### Sleep & Mood

Quality sleep helps reduce stress and improve emotional stability.



#### Exercise & Energy

Light exercise can boost mood and reduce anxiety naturally.



#### Digital Balance

Limiting social media usage may improve focus and mental clarity.