

# How to keep yourself strong and share learning across your community

Do you know how important you are and how you impact on others around you?  
If so, this learning opportunity may be for you!

Developed by NHS West Lancashire CCG and Edge Hill University and in partnership with West Lancashire CVS we are offering you the opportunity to participate in 4 x ½ day workshops. The aim of these workshops are to support you to build your own inner strength to meet the challenges of life and support others to do the same.

## Who is this series of workshops open to?

These workshops are open to anyone who lives and/ or works in Skelmersdale and has an interest in supporting themselves and their community.



## What will I learn?

### 1. Keeping yourself strong, this session will look at:

- The importance of 'you'
- What is resilience?
- Am I resilient?
- What can I control and change?

### 2. Understanding yourself and how you impact on others, this session will look at:

- Understanding what motivates you and stop you from changing
- How do your emotions impact on you?
- How connected are you in your community
- How do you connect with those who are isolated or lonely in the community
- Recognising someone who may need support and how you can help



**3. Making Connections, this session will look at:**

- The skills and knowledge within our community
- How we identify and how we use them
- What will I do for myself?
- What will I do that will impact upon others?

**4. Sharing Learning:**

This final workshop will focus upon sharing learning and experiences, celebrate what you have achieved and explore opportunities for further improvements/change.

You can attend session 1 - Keeping yourself strong, even if you are not able to commit to the other sessions.

**How will the workshops run?**

The workshops will be fun, practical and focus on your own needs, build upon what motivates you and supports learning through sharing ideas. There are 4 workshops that cover different themes. You can choose to attend only the first workshop that focuses on 'Keeping yourself strong' or attend the first workshop and then continue on to workshops 2, 3 and 4.

Workshops	Date	Time	Venue
<b>Keeping yourself strong</b>	Wednesday 23rd March 2016	12md - 3pm	Evermoor Hub 1 Birleywood, Skelmersdale WN8 9HR
	Monday 18th April 2016	10am - 1pm	Evermoor Hub 1 Birleywood, Skelmersdale WN8 9HR
	Wednesday 20th April 2016	12md - 3pm	Evermoor Hub 1 Birleywood, Skelmersdale WN8 9HR
<b>Understanding yourself and how you impact on others</b>	Wednesday 11th May 2016	12md - 3pm	TBC
<b>Making Connections</b>	Monday 13th June 2016	12md - 3pm	TBC
<b>Sharing Learning</b>	Monday 4th July 2016	12md - 3pm	TBC

**How do I get a place?**

Places are limited so if you are interested please contact Allison on: **01695588320** or email: [Allison.Sathiyathan@westlancashireccg.nhs.uk](mailto:Allison.Sathiyathan@westlancashireccg.nhs.uk) by no later than 11<sup>th</sup> March to book a place.