

## Swale Your Way

Age 17+

**We can offer you support and activities to promote good mental health and wellbeing:**

- emotional support via telephone
- regular support with timeframes agreed with client
- member Facebook page conversations and video calls
- social media connections with other clients monitored by staff
- advice on:
  - current government recommendations to stay alert and reduce potential for infection
  - looking after wellbeing
  - creating coping strategies for those dealing with mental distress
  - coping with the impact of isolation
  - benefit entitlements, debt or housing issues
- A timetable of online groups including:
  - mindfulness
  - coffee and catch up
  - meditation
  - upcycling projects
  - virtual walking group
  - creative writing
  - growing ideas gardening group

Please contact us on **07515 099191** or [donna-ashworth@together-uk.org](mailto:donna-ashworth@together-uk.org)

