



STRONG TOGETHER



ENTERPRISING OPPORTUNITIES

Providing a range of enterprises suitable for those with chronic/mental health challenges and anyone unable to work in a traditional format due to other commitments or circumstances



HEALTH AND WELLBEING FOCUS

Providing opportunities to take part in classes and workshops that help support improved health, and wellbeing – Qigong, Pilates, Acupuncture, Yoga, Eiryukan Aikido, Reflexology etc INsight Circles offering mutual support groups. Play for all ages



ONLINE PORTAL

Community and Business Hub. Promotional banners and links to local businesses and organisations. Promotion of events/workshops (Own and External) Facebook Groups Directory and links

SHARING TOGETHER OUR OWN INSIGHTS, AND MUCH MORE

Timebank/Swishing/My Growth Mindset Journal

Encouraging the use of journaling, blogs, support groups, plus sharing resources and surplus.



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WANT TO JOIN US?

THIS IS A MEMBERSHIP ORGANISATION
Get in touch and ask for details

We are:

A Multistakeholder Group: (incorporating shortly)

We are working closely with Birchwood Growing Group, Jackalope Foundation, Grow Parent Child, Stones Place Residential Home, Eiryukan Aikido, Body Balance Acupuncture, Lorraine Carter Reflexology.

A number of local businesses and organisations working collaboratively to support the wealth, health and wellbeing of those affected by :-



Chronic Illness
Cancer
Mental health issues
Disability
Young parents
Carers
The more mature
(wanting to work but aged out)

Enterprise Opportunities working with beneficiaries as subcontractors:

Gardening scheme/Home Support Services/Horticulture/crafted products/making produce/bespoke gown cleaning/end of life planning service/dog walking and sitting/journal building/multisensory artwork and natural exploration – and any other opportunity that arises

We are delivering workshops/events at:

@ Stones Place Residential Home Allotment, Skellingthorpe Rd. @ Mansions of the Future. @ Jackalope Restaurant, Castle Square.

Giving a Hand Up, Not a Hand Out

Website and Facebook are under development

Contacts:

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