



## Steps Wellbeing Community Links:

We have three Community Links Workers who can support you to find out about and link up with activities, learning and volunteering/ paid opportunities in the local area. We promote development at Steps Wellbeing and we encourage people to use our service as a spring board on to other opportunities within the community. Community Links workers can also complete short term work with service users to access what they have identified within the community, such as going to first meetings, classes etc together to make that initial transition easier. We also have a resource area which you can use to find out about what is available to you in the area.

### 12-2pm Every Third Thursday of the month— Benefit Advice :

Faye Power is a Benefits Promotion Officer who works for Crawley Council. She can help with any benefit enquiries to support people to manage financially. (Please look on notice board for dates)



### Staff:

**Brenda Henson**, Locality Manager  
**Beth Shepherd**, Assessment and Referral Manager  
**Andreas Harris**—Community links Worker/Staff Service User Lead  
**Christine Saunders**—Community Links Worker  
**Sue Williams**— Community Links Worker  
**Alan Wallace**—Service User Coordinator  
**Peer Support Admin Assistant**— Bev Marsh  
**Community Recovery Team**—Claire Strike  
**Community Recovery Team**—Nick Wigginton  
**Peer Specialists**— Chris Kebble, Dave Lodge, Brian Boyer, Terry Bright, Karen Dixon, Adam Swei, Patsy Kasmioun.

### Steps Wellbeing Service

5, Perryfield Road, Southgate, Crawley, RH11 8A A  
Phone number: 01293 534782



# Steps Wellbeing Services

## Weekly Timetable

January – March 2012



**Please phone for further details about how to access our services**

## Monday

**10-2pm Open cafe at Mundy's**, St Johns Hall, Crawley. We offer a safe welcoming town centre space in which to come and enjoy healthy low cost sandwiches and snacks.



**4-6pm—1 in 4 Band Rehearsal**—open to band members.

## Tuesday



**11– 1pm Art for Wellbeing**, focus on different techniques and projects which are aimed to teach new skills and provide people a calm and creative environment to promote their overall sense of wellbeing. Venue: Thomas Bennett Community College, Crawley.

(Phone for enrolment details)

**12-2pm—Steps Community Cafe**— The cafe offers healthy low cost lunches in a safe, welcoming environment. Resource library open.

**2-3.30pm—Relaxation session.** A relaxing peaceful session to get away from the stresses of everyday life. A chance to try out breathing and relaxation techniques.



**2-4.00pm– Woodwork group.** Work with 2 experienced volunteers to learn woodwork techniques and work on projects of your choice.

**4– 5.00pm Dance Group** A great chance to get fit and learn a variety of dance moves and have a giggle in a friendly and light hearted atmosphere.

## Wednesday

**2– 4pm Men's Group** .This is a relaxed and friendly group which is just for men. The group has different activities going on each week- such as : meeting in town for lunch, Going to the cinema, playing pool and K2 sessions. Please see monthly timetable displayed on main notice board.

## Thursday



**11-2pm– Gardening Group**— A task focused group where gardening skills and knowledge can be practised and learnt

**12-2pm—Steps Community Cafe**— The cafe offers healthy low cost lunches in a safe, welcoming environment. Resource library open.

**2-4pm– Wood Work for the market stall-** This woodwork group is a good opportunity to learn new skills while contributing to the market stall to raise money for Steps Wellbeing.



**4-5pm— Guitar Group.** A chance to learn guitar with an experienced guitar player (what ever stage you are at with learning the instrument).

**4-7pm—Social Drop in.** A safe and welcoming informal drop in to socialise, meet people and have a healthy meal

## Friday



**11-1.30pm—Women's Group.** A variety of activities in a safe women only space. Please check monthly timetable displayed on the main notice board.

**2-4.00pm Jewellery Making for the market stall.** A chance to learn the skills of jewellery making while knowing you're contributing to the market stall to raise money for the service.



**3-4.30pm Active Group.** This session offers support to access K2 facilities and other sporting venues to keep fit and enjoy activities such as badminton, table tennis, swimming, football. Please see Active Group timetable for more details.

**4-7pm—Social Drop in.** A safe and welcoming informal drop in to socialise, meet people and have a healthy meal.

## Sunday Lunch Drop-in every fortnight

**12.30-4.30pm—Sunday Lunch and social drop in.**

**Dates: January: 8th, 22nd. February: 5th, 19th. March 4th, 18th. April 1st, 15th.**