

Health & Wellbeing Training Brochure

2017

FREE Health & Wellbeing Workshops delivered at venues across the City of Lincoln for the residents of Lincoln.

- ⇒ Mindfulness & Wellbeing
- ⇒ Herb Study Workshops
- ⇒ Adaptive Chair Yoga
- ⇒ Nutrition

Adaptive Chair Yoga Classes

Tuesday 27th June 2017 10.00am—11.00am

Tuesday 10th October 2017 10.00am—11.00am

It is hoped that both sessions will take place at Croft Street Community Centre but will confirm venue nearer the time.

Learn tools and techniques to relax and reduce stress, helping cope with emotional stresses and strain.

Yoga improves breathing, increases range of movement, helps maintain muscle tone and flexibility. It is a supportive practice to help anyone breathe better, reduce tension and calm the nervous system.

This approach teaches the universal principles of yoga poses that are accessible to all, regardless of physical ability. The benefits of yoga are available to everyone.



The classes are designed to suit people either seated in a chair or in a wheelchair, those not able to participate in general yoga classes and those who cannot stand for long periods of time.

You will learn techniques that you can easily continue on a chair within your own home. Chair yoga adapts traditional yoga poses, so they can be done with a chair for support, making yoga more accessible.

**There are a maximum of 12 spaces available for each class.
You can book onto either, or both classes**

Delivered by: Sandy Willmott, British Wheel of Yoga teacher



Mindfulness & Wellbeing

Thursday 8th June 2017 - 1.30pm—3.00pm

Venue - Queens Park Community Hub, South Park, Lincoln, LN5 8EW
"How to stay positive in everyday life"

'Happiness is not something ready made, but comes from your own actions', or so says the Dalai Lama. We all know that life can be full of ups and downs. Some things we win, some we lose, and there is often much outside of our control. Yet there are ways to nourish ourselves and weather the storm when things get tough. Often we just need a little reminder.

This workshop will explore some of the easiest things you can do to brighten up your day and covers the 'seven habits of happy people' that are known to strengthen resilience and help develop and sustain a more positive outlook.

Thursday 10th August 2017 - 1.30pm - 3.00pm

Venue - Queens Park Community Hub, South Park, Lincoln, LN5 8EW
"Assertiveness"

Not speaking up, worrying about upsetting others, or avoiding confrontation are all possible symptoms of struggling with assertiveness. Want to know how to change that?

At the core of assertiveness is a set of skills, ones that can be learnt with a little practice. This workshop explores what's involved in standing up for yourself and introduces a few simple techniques to get you started on improving how you deal with challenging situations.

Thursday 5th October 2017 - 1.30pm - 3.00pm

Venue - Croft Street Community Centre, Croft Street, Lincoln - TBC
"Physical Health Problems"

Problems and illnesses of the body can often feel like they are out of our hands and that there's nothing we can do about them. But is that really the case? Not only attitude, but also daily habits, can have a big impact upon how we experience health issues and, more importantly, how long they last. This workshop considers some of the needs of the human body and how, if you meet those needs, you may help existing or avoid all manner of future health issues.

10 spaces are available at each workshop.

Delivered by: John Armitage, Mindfulness teacher, therapist, coach and trainer.



Herb Study Workshops

Tuesday 23rd May 2017 - 10.00am - 12.00pm

Venue - Abbey Access Centre, Arboretum Lodge, Monks Road

Simple solutions for creating facial & skin care products at home

Whilst it's easy to buy skin-care products in the shops, many of them can be very expensive. In this 2 hours workshop, we'll be creating a number of easy-to-make skin care and facial care products, that you can make very cheaply at home, with simple kitchen equipment. You'll also be able to take all your preparations home with you at the end of the workshop.

Thursday 20th July 2017 - 10.00am—12.00pm

Venue—Queens Park Community Hub, South Park, Lincoln, LN5 8EW

Being Healthy and Looking after Yourself with Herbs

There are so many different ways that we can help ourselves to become and feel healthier. If we have a simple acute illness, like a cough or cold, or hayfever, or even if we have a tummy upset, there are easy recipes that we can put together at home, to make our own medicine, with what's growing around us, or what might be already in our kitchen cupboard, to help us to feel better. In this 2 hour workshop, we'll discuss and learn about some of the ways we can use herbs and common weeds and make simple medicinal preparations from them, and make a few within the session, which you can take home.

Thursday 7th September 2017 - 10.00am - 12.00pm

Venue - Ellie's Garden, Tower Estate, Lincoln

Herb Detectives: Getting up close and personal with medicinal weeds and plants from the edges

Much of what grows around us on the edges of our gardens, and along paths, is often thought of as "weeds" and pulled up and discarded. But did you know, that some of what we throw away as garden waste, might actually be useful for our health? In this outdoor workshop, we'll be rooting around Ellie's Garden on the Tower Estate, being herb detectives for the morning, searching out what's growing and learning how to use it in the home, and making a preparation or two from what we find. Dress for the outdoors (and for the weather) and wear sensible shoes!

There are a maximum of 10 spaces available for each workshop.

Delivered by: Hannah Sylvester BSc (Hons) MNIMH - Medical Herbalist



Nutrition Workshops

Wednesday 10th May 2017 - 10.00am—1.00pm

Venue - Abbey Access Centre, Arboretum Lodge, Monks Road

“Food allergies and intolerances”

What does it mean to have a food allergy or intolerance & what you can eat instead. By the end of the session learners will be able to:-

- Understand what a food allergy is
- Understand what a food intolerance is & the difference from a food allergy
- Know what are the common foods that cause allergies & intolerance
- Know what to eat instead & the pros and cons to these foods
- Understand what food labelling and legislation relating to food allergies and intolerances

Thursday 27th July 2017 - 10.00am—1.00pm

Venue: Queens Park Community Hub, South Park, Lincoln, LN5 8EW

“MS and other immune disorders”

The digestive & immune system nutrition. By the end of the session learners will be able to:-

- Describe what MS is and how it impacts on health
- Understand how food and lifestyle choices can impact on MS
- Understand how the immune system works in general
- Understand how the immune system interacts with other body systems & the impact on health
- Know which nutrients help to keep the immune system healthy
- Other immune disorders and ways to manage them

12 spaces are available at each session.

Delivered by: Rachel Linstead, ION Nutritionist



How to Book Your Place

Places on all our courses are limited so to avoid disappointment it's best to reserve your place early.

To book you can either:



01522 533510



enquiries@developmentplus.org.uk



[/developmentplus](https://www.facebook.com/developmentplus)



Or pop in and see us at our offices:

Developmentplus

Queens Park Community Hub

South Park

Lincoln

LN5 8EW

Or complete the attached booking form and return to the above address.



Booking Form

NAME:

ADDRESS:

CONTACT No:

E-MAIL ADDRESS:

I WOULD LIKE TO RESERVE A PLACE ON THE FOLLOWING COURSES:

A letter, or email confirming your place, will be sent out on receipt of the booking form. Thank You .

About developmentplus

Developmentplus is a community development organisation which has worked across the county of Lincolnshire since 1997. We are a registered charity and company limited by guarantee. We work alongside people in their community facilitating their involvement in decisions that affect their lives, supporting them to identify and develop initiatives that they feel will improve their quality of life socially, environmentally, economically and through learning.

About this project

This project has been kindly funded by the
John Dawber Trust.

The main aim of the project is to help to improve the health
and wellbeing of the population of Lincoln and Greater
Lincoln

developmentplus™

Success Training | Health & Happiness | Developing Communities | Research & Consultation