

Angus Adult Peer Service are pleased to offer a range of wellbeing workshops within Springfield Medical Practice. Our workshops provide an opportunity to learn and share ideas, tools and techniques to successfully manage mental health and wellbeing.

Date and Time	Subject	Location
Thursday 4th August 10am - 12pm	<p><b>Workshop on Wellbeing - Sleeping Well</b></p> <p>Explore sleep routines and see if there are any habits or factors that reduce participant's ability to have restful sleep. Look at ways people might improve sleep quality and what it would take to help make the changes.</p>	Health Education Room Springfield Medical Practice (Arbroath)
Thursday 11th August 10am - 12pm	<p><b>Workshop on Wellbeing - Fitness Matters</b></p> <p>Talk about what helps you look after your physical health and how this benefits wellbeing. Encourage you to identify and overcome barriers to making the most of opportunities to improve your physical wellbeing.</p>	Health Education Room Springfield Medical Practice (Arbroath)
Thursday 18th August 10am - 12pm	<p><b>Workshop on Wellbeing - Tackling Mental Health Stigma</b></p> <p>Within this workshop we hope to help participants understand the different types of stigma that people may face including stigma from others and self stigma, as well as looking at where stigma comes from.</p>	Health Education Room Springfield Medical Practice (Arbroath)



Spaces are limited. Please contact your GP Practice to book onto the above workshops or email: [anguspeerservice@penumbra.org.uk](mailto:anguspeerservice@penumbra.org.uk)



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Date and Time	Subject	Location
Thursday 25th August 10am - 12pm	<p><b>Workshop on Wellbeing - Healthy Relationships</b></p> <p>Explore why different relationships are important to us. Consider why some relationships (past or present) have been challenging and what we would like to change. Think about how we can make the most of our positive relationships.</p>	Health Education Room Springfield Medical Practice (Arbroath)
Thursday 1st September 10am - 12pm	<p><b>Workshop on Wellbeing - Assertiveness Matters</b></p> <p>Within this workshop we will explore why being able to be assertive matters to you. Find out what assertive means, how an assertive approach can support your recovery and protect or improve your wellbeing. Share tips and ideas about how and when to be assertive.</p>	Health Education Room Springfield Medical Practice (Arbroath)
Thursday 8th September 10am - 12pm	<p><b>Workshop on Wellbeing - Anxiety Matters</b></p> <p>Within this workshop we will explore the impact anxiety can have on our bodies and minds. We will try to identify the thoughts that make us anxious and discuss techniques that we can use to help reduce anxiety.</p>	Health Education Room Springfield Medical Practice (Arbroath)



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