

my Life ^{cic} Programme

Helping you
balance your life



St Mary's Centre
82-90 Corporation Road
Middlesbrough TS1 2RW

Sessions

Date: 20 th July 1.00pm – 3.00pm		Registration and informal introduction to programme Booking coaching appointments
Date 27 th July 1.00pm – 2.00pm		CONNECT : Social activity with peer mentors
Date: 3 rd August 1.00pm – 3.30pm		1. Taking Control Health, wellbeing and quality of life.
Date: 10 th August appointments to suit individuals		Individual coaching & support (optional) 60 – 75 mins.
Date: 17 th August 1.00pm – 3.30pm		2. Independent Living :where you live How to use the digital age, choosing and using good design to help manage those everyday problems at home
Date: 24 th August 1.00pm – 2.00pm		LEARN: social activity with peer mentors
Date: 7 th September individual appointments		Individual coaching & social venue to be confirmed
Date: 14 th September 1.00pm – 3.30pm		3.Looking After You (through the maze) Understanding and using personal care services, the jargon and care plans
Date: 21 st September 1.00pm – 2.00pm		TAKE NOTICE: social activity with peer mentors
Date: 28 th September 1.00pm – 3.30pm		4.Getting involved (meaningful activity) Why get involved? why volunteer, exploring possibilities, work and life skills
Date:5 th October 1.00pm- 2.00pm		BE ACTIVE: social activity/ peer mentors
Date: 12 th October individual appointments and social		Individual coaching & support Venue to be confirmed with individuals
Date:19 th October 1.00pm – 3.30pm		5. My Space Where you live and what is going on here? It is your space...what next ?
Date:26 ^h October 1.00pm- 2.00pm		GIVE: social activity/ peer mentors
Date: 9 th November 1.00 – 3.00pm		Follow up group



my Life⁺ Programme

*Helping you
balance your life*



www.mylifeplus.org.uk