

Recharge & regroup

FREE

Wellbeing courses exclusively for health care staff

FREE wellbeing courses exclusively for staff and teams who work in the NHS, local government, primary care, independent care providers, the third sector and education in Leeds.

Taking care of yourself in turbulent times -1 day wellbeing retreat

Experiencing compassion fatigue and feeling overwhelmed can make it difficult to take good care of ourselves. In this workshop we'll look at ways of developing our resilience when faced with many conflicting demands and explore how we can develop the more nourishing aspects of our lives, with activities including a guided meditation, gentle yoga and mindful movement.

- **Friday 25th November**
- **Friday 20th January**
- **Friday 3rd February**

10-4pm, Jamyang Buddhist Centre (Holbeck). Lunch and refreshments included and please wear comfy, non-restrictive clothes.

WRAP for health care staff -2 day Wellness Recovery Action Plan® course

WRAP is a personalised plan that you develop for yourself which helps you think about getting and staying well. Explore what is important for your wellbeing, both in your working and personal life and create a plan that works for you.

- **Friday 9th & 16th December**
- **Friday 3rd & 10th March**

Please ensure you can attend both dates when booking, each session runs 9:30 -4pm from the Jamyang Buddhist Centre. Lunch and refreshments included.

For all course bookings, please contact us via your work email to confirm your eligibility, direct to: Leedsrecoverycollege.lypft@nhs.net or call **0113 855 5127** for course enquiries

