

Booking Form

All of our groups are lead by two members of our team and have up to 7 spaces.

POWWOWs are workshops on wellbeing and offer a chance for a group of people with a shared interest in a particular area of wellbeing to come together to share knowledge and experience. The groups focus on exploring tips, ideas and practical steps that can be taken to improve wellbeing on the selected topic.

Walk & Talk groups we will discuss your recent walks and what you have encountered on your way.

Coffee Morning is a relaxed meet up to help you feel more relaxed and have a chat about a topic.

Show and Tell a time where we can discuss things we have seen lately around our homes . You can send pictures in advance and we will share with the group or you can tell us!

Name:		Date	
Address & Postcode:			
Telephone:		Ok to leave message	
Email:		Preferred method of contact	

Please add relevant information that you would be helpful for us to be aware of (e.g. disabilities, medical conditions, preferred ways of communication, Support to use ZOOM)

Date:	Location:	Yes	No
01/10/2020	WRAP – Wellness Toolbox	<input type="checkbox"/>	<input type="checkbox"/>
06/10/2020	POWWOW – Self Esteem	<input type="checkbox"/>	<input type="checkbox"/>
08/10/2020	Walk and Talk Bingo – Spooky	<input type="checkbox"/>	<input type="checkbox"/>
13/10/2020	POWWOW - Relaxation	<input type="checkbox"/>	<input type="checkbox"/>
15/10/2020	Step into Recovery – Dealing with Anxiety	<input type="checkbox"/>	<input type="checkbox"/>
20/10/2020	POWWOW - Lets be Positive	<input type="checkbox"/>	<input type="checkbox"/>
22/10/2020	Step into Recovery - Managing our time	<input type="checkbox"/>	<input type="checkbox"/>
27/10/2020	Young People POWWOW - Sleeping Well	<input type="checkbox"/>	<input type="checkbox"/>
29/10/2020	Creative Expression – Journaling and Inspiration Boards	<input type="checkbox"/>	<input type="checkbox"/>

To find out more about Penumbra, visit www.penumbra.org.uk or find us on social media