Skills for Care and CHANGE women’s group

Skills for Care and CHANGE would like to invite you to join this workshop for women with learning disabilities to talk about our mental health and our feelings.

We are hoping that we can all share our thoughts and ideas together so that we can create two guides.

One guide will be for staff working in social care, helping them to be more open, talk about and understand our mental health.

There will also be an accessible guide for people with learning disabilities who use social care.
We would like to invite women with learning disabilities to come to one of the workshops.

This is a women's only group.

At the workshops we will all be talking about our feelings and our mental health.

We will do this by talking and sharing, playing games and using theatre.

This will help us to write a guide to help people who access and/or work in social care talk about mental health and what help they might need.
The workshop will be at The Crowne Plaza hotel on Wellington Street in Leeds. The postcode is LS1 4DL.

It will be on Monday, the 11th of April.

It will start at 10.30 and finish at 15.30.

You will get drinks and lunch and there will be lots of breaks!

If you would like to join the group, please fill in the form by clicking here.
You can tell us your details over the phone if you prefer.

To do this, please call

0113 245 1716

and ask for Carl Laverick or Jenna Wood.