

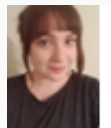
Meet The Team



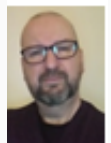
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OUR OFFICE

Sydni Centre
Cottage Square
Leamington Spa
CV31 1PT

OUR OTHER LOCATIONS

LEAMINGTON SPA
St Mary's Allotment
Radford Road
Leamington Spa
CV31 1LF

St Patrick's Irish club
4 Adelaide Rd,
Leamington Spa
CV31 3PW

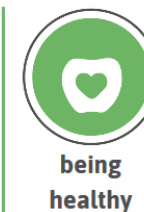
STRATFORD
Tyler House
Tyler Street
Stratford-Upon-Avon
CV37 6TY

Escape Arts
The Old Slaughterhouse
Sheep Street
Stratford-upon-Avon
CV37 6EE

WHAT DO WE DO?

Warwickshire Wellbeing

**INFORMATION, ADVICE
AND SUPPORT EMPOWERING INDIVIDUALS
WITH A LEARNING DISABILITY IN
WARWICKSHIRE**



**INFORMATION, ADVICE
AND SUPPORT EMPOWERING
INDIVIDUALS WITH A LEARNING
DISABILITY IN WARWICKSHIRE**

WARWICKSHIRE WELLBEING

We offer group activity sessions and workshops for adults with learning disabilities and Autism at various locations in South Warwickshire. Our Community Navigators also offer 1-to-1 sessions (up to a maximum of six sessions on a specific topic) to focus on individual well-being.

This service is run by Turning Point and in partnership with Warwickshire County Council and ISS (Rugby & North Warwickshire).

Our 1-to-1 sessions focus on what is important to you and your well-being. We cover a wide range of topics including:

- Being Healthy
- Accessing the community and services
- Home Life
- Managing Money and Budgeting
- Claiming Benefits
- Filling in forms and dealing with letters
- Staying safe in the community
- Keeping yourself safe
- Making new friends and meeting new people
- Accessing learning opportunities
- Finding employment
- Understanding and expressing your feelings
- Understanding and improving your mental health

What's On?

We have lots going on in the community and try to focus our activities on four main areas:



being
healthy



feeling good



community



learning and
work

Allotment

Learn new skills with a gardening workout, helping with our allotment, at St Mary's Community Allotments.

Community Champs

Working together to give something back to the community and learning about new topics.

Being Well

Weekly workshops on different topics looking at how to look after yourself. (Timetable available)

Creative Friends

An opportunity to make new friends and socialize, whilst creating fun things.

Quiz night

Quiz and Games Night held weekly. Different topics with music pictures and lots of fun. £1 per person (carers go free)

Drop In

Pop in and speak to our Navigators about any issues you may have. No need to book.

Events

We hold monthly sessions and drop ins focusing on popular topics, awareness days and celebrations. Keep an eye out on our website and for posters at our locations for information on these.

Money Manager course

Learn how to manage a budget and bank account. These sessions are available on request and held when sufficient numbers are reached. These must be booked in advance. Please contact Dan.

FIND OUT UP TO DATE INFORMATION ON ALL OUR ACTIVITIES INCLUDING TIMES AND DATES BY ASKING A MEMBER OF STAFF FOR OUR ACTIVITY PLANNER OR ACCESSING OUR WEBSITE WELLBEING.TURNING-POINT.CO.UK/WARWICKSHIRE

TO MAKE A REFERRAL PLEASE CONTACT:

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