



## Virtual Groups - What's On

**FREE for anyone living or working in County Durham**

Due to Social Distancing Guidelines we are not yet back to running groups in person, currently all of our group activities are being delivered via MS Teams. Book at <https://www.wellbeingforlife.net/whats-on/>

### Pom-poms for the Soul



A virtual group to meet people, have fun and explore the therapeutic effects of pom-pom making. We will provide all the required resources. This group activity aims to improve mental wellbeing and identify ways to incorporate the five ways to wellbeing into your life.

**Starts Tuesday 1<sup>st</sup> December 2020 @ 1:00pm - 3:00pm**

### Singing for Health (No singing experience is required)



**This is not a choir – it is a virtual communal sing along**

A virtual singing group to meet new people and sing to improve your health and wellbeing. No singing experience is required to join the group as the emphasis is on having fun and meeting new people. If you don't want others to hear you sing you don't even have to have your sound on. The first few weeks will be Christmas themed songs.

**Starts Thursday 3<sup>rd</sup> December 2020 @ 10:30-11:30am**

### Chat and Craft



A virtual group to meet people, have fun and try out new crafts We will provide all the required resources **FREE** which will be dispatched prior to the group starting. We can't get together in person, but that won't stop us spending time chatting and being creative together!

**Starts Friday 4<sup>th</sup> December 2020 @ 10:30-11:30am**

### Men's Health Group



This 6-week Virtual Men's Health group is for all men from County Durham aged 16+ with the aim of discussing various factors of health such as stress, diet and mental wellbeing. As well as learning how to look after your health, the group will be a way to meet new people and have a general chat and catch up. Currently we need to find new ways to socialise and this might just be the thing you need.

**Starts Thursday 10 December @ 10am-11:30am**

### Winter Wellness



Over three weekly sessions the group will discuss health and wellbeing and ways to improve your physical and mental wellbeing. If January gives you the Blues then join this group to brighten it up whilst you stay warm at home. Activities and discussions around Winter wellness, Arts & crafts (resources will be delivered to you), Mental & physical wellbeing, Advice around stress reduction.

**Starts Tuesday 12<sup>th</sup> January 2021 @ 10:30 - 12noon**

### January Eat Wise to Drop a Size



**Are you ready to make a change to your lifestyle, lose weight and make healthier choices?**

**Starts Tuesday 12<sup>th</sup> January 2021 @ 10:30 - 12noon**

Join our online weight management group, delivered by trained Wellbeing Practitioners – up to 12 weeks of FREE advice and support to kick start your weight loss. Find out how making small changes can have huge benefits to your health and wellbeing. Meet new people, Savvy shopping and recipe ideas, Learn ways to change your behaviour, Set goals, Group Support and Motivation.

You will need MS Teams to be able to attend any of these sessions – contact us for more information



**cdda-tr.CBS@nhs.net**  
**0800 8766 887**

Delivered in partnership with:

