

**MARCH 2021 VIRTUAL WORKSHOPS (Residents of Hammersmith & Fulham)**

Day	Workshop	Time	Length
Thursday 4 <sup>th</sup> March	Basic IT Skills: Word	11:30am-12:15pm	45 minutes
Thursday 4 <sup>th</sup> March	Basic IT Skills: Excel	12:15pm-1:00pm	45 minutes
Thursday 4 <sup>th</sup> March	Basic IT Skills: Open Session	1:00pm-1:45pm	45 minutes
Friday 5 <sup>th</sup> March	Relaxation: Introduction	11:30am-12:15pm	45 minutes
Friday 5 <sup>th</sup> March	Relaxation: Techniques	12:15pm-1:00pm	45 minutes
Friday 5 <sup>th</sup> March	Relaxation: Open Session	1:00pm-1:45pm	45 minutes
Thursday 11 <sup>th</sup> March	Stress and Anxiety: Introduction	11:30am-12:15pm	45 minutes
Thursday 11 <sup>th</sup> March	Stress and Anxiety: Body and Behaviour	12:15pm-1:00pm	45 minutes
Thursday 11 <sup>th</sup> March	Stress and Anxiety: Mind	1:00pm-1:45pm	45 minutes
Friday 12 <sup>th</sup> March	Effective Communication: Part 1	11:30am-12:15pm	45 minutes
Friday 12 <sup>th</sup> March	Effective Communication: Part 2	12:15pm-1:00pm	45 minutes
Friday 12 <sup>th</sup> March	Effective Communication: Open Session	1:00pm-1:45pm	45 minutes
Thursday 25 <sup>th</sup> March	How To Say No: Self-Care	11:30am-12:15pm	45 minutes
Thursday 25 <sup>th</sup> March	How To Say No: Techniques	12:15pm-1:00pm	45 minutes

Thursday 25 <sup>th</sup> March	How To Say No: Open Session	1:00pm-1:45pm	45 minutes
Friday 26 <sup>th</sup> March	Making Healthy Choices: Eating	11:30am-12:15pm	45 minutes
Friday 26 <sup>th</sup> March	Making Healthy Choices: Addictive Behaviour	12:15pm-1:00pm	45 minutes
Friday 26 <sup>th</sup> March	Making Healthy Choices: Exercises	1:00pm-1:45pm	45 minutes
Monday 29 <sup>th</sup> March	Employment Support: Drop-In Session	1:00pm-4:00pm	3 hours

**All Virtual Workshops are taking place via Zoom.**

**Zoom details to be provided following successful sign-up.**



Richmond Fellowship is part of **Recovery Focus**,  
an expert group of charities inspiring recovery nationwide.

**Sign-up required**

**Get in touch with us to book your place**

Please check our website for future workshops:

[www.hfemploymentandwellbeing.org.uk](http://www.hfemploymentandwellbeing.org.uk)

**Workshop Facilitators:**

**Caira Lewis**

07584 182 834

[Caira.Lewis@RichmondFellowship.org.uk](mailto:Caira.Lewis@RichmondFellowship.org.uk)

**Priscilla Chung**

07584 183 513

[Priscilla.Chung@RichmondFellowship.org.uk](mailto:Priscilla.Chung@RichmondFellowship.org.uk)

**Richmond Fellowship**  
Richford Gate Medical Practice  
Lower Ground Basement  
Richford Street  
Hammersmith  
London  
W6 7HY



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