



## Health workshops

Regular drop-in sessions to learn about staying healthy



### Informal workshops for adults with learning disabilities and additional needs to learn more about staying healthy and where to access help.

For many people, something as simple as calling a GP can be a very stressful experience and may prevent them from accessing healthcare in the future. We know that a friendly face and more accessible information can make all the difference to reach out and ask for help. So, in addition to our 1:1 health advocacy service, we also offer regular workshops on important health issues, offering advice and guidance on finding the right service, making a referral, and knowing your rights.

There are currently **3 workshops a month** focusing on physical, emotional and social health.

Each session is introduced by our Health Facilitator, Jules, as well as other health professionals to talk about different services, provide practical tips on accessing more support, share easy read leaflets and answer any burning questions!

**Anyone aged 18+ with a learning disability, learning difficulty or autism is welcome to attend, along with their support staff or family & carers.**

The sessions are run on a drop-in basis; however, we kindly request advance notice of attendees so we can manage numbers and reach out beforehand to discuss expectations.

For more information on the schedule and to book a place, contact us:



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