



Wellbeing Groups

Informal, welcoming groups run by the Eden/ Keswick & Solway
NHS Wellbeing Service

Loss Group

2 sessions

*Including types of loss,
ways of coping and
making plans to move
forward*

Wellbeing in Menopause

*A workshop for all women
pre, peri and post
menopause*

Wellbeing Workshops

4 sessions

*Including worry, low
mood, stress and
relaxation*

Creativity for Wellbeing

*Thinking, talking and
creating together in a fun
and relaxed atmosphere*

For more information



SCAN ME

Sleep

Wellbeing

*Including sleep myths and
tips for sleeping well*

E-mail:

wellbeing@ncic.nhs.uk

Phone:

01768245954

Wellbeing for Men

*A workshop for men to
thinking about what
affects their health and
wellbeing*

Healthy Choices

1. Lifestyle

2. Healthy Weight

2 sessions

*Setting and maintaining
personal goals about your
health and lifestyle*

Keeping on Track

*For anyone who has
previously attended a
group to maintain
motivation*