**FORTHCOMING BERKSHIRE NHS WELLBEING SERVICE ONLINE WORKSHOPS**

**MOTIVATION**: Helpful advice on goal setting and hints and tips on increasing motivation levels and

overcoming barriers to motivation

**Date**: **Monday, 11th September at 9.30am**

**RESILIENCE:** Looking at what resilience is, why it is important and how to build resilience.

**Date: Wednesday, 20th September at 3pm**

**HOUSING**: Covers council and private sector in Slough, Windsor & Maidenhead and Bracknell areas.  Looks at applying for housing, financial support, repairs and homelessness

**Date:**   **Friday, 29th September at 1.30pm**

**COST OF**

**LIVING:**  Covers the general Cost of Living crisis and specific information relating to the

energy crisis. Aim: to reassure participants that there is financial support available

in the form of government schemes, grants and support from charitable

organisations; to provide tools to help participants manage their finances and

              to provide practical tips on how to save money

**Date:   Wednesday, 18th October at 9.30am**

**IF YOU WOULD LIKE TO ATTEND ANY OF THESE ONLINE WORKSHOPS, PLEASE COMPLETE THIS REFERRAL FORM** [Wellbeing Referral Form (office.com)](https://forms.office.com/pages/responsepage.aspx?id=a2ektcThCEyAqc80otZzJMY23CTMEnVLt9-sdjWlFzFUQU84UDlJOEpUVDAxV0oxQkFFWUxSQjFKMS4u) AND STATE WHICH WORKSHOP YOU WOULD LIKE TO ATTEND AS YOUR ANSWER TO QUESTION 7.

**If you have any questions about the workshops, please email** **BHFTIAPTWellbeingService@berkshire.nhs.uk** **and we will respond to your query as soon as we can.**