



Wellbeing Club 19

Assert Update

Benefits Service

As well as the usual benefit casework, Alex is now offering 1-to-1 budgeting advice and support sessions. There is currently a short waitlist for this service so please contact her by email with any benefits questions or to arrange a remote appointment benefits@assertbh.org.uk.

Alex has created a new Eligibility Guide which is available on our website. I recommend having a look at it to check that you are receiving the benefits you are entitled to. <https://assertbh.org.uk/assert-services/benefits-service/>

Walking Group

Julia is making progress with organising the walks. She is really excited to begin to offer them again and get rambling! If you are interested in attending an up-coming walk, please email Julia at lifeskills@assertbh.org.uk

Support Sessions

My Support Sessions are still being facilitated remotely, either via phone or Zoom. If you have an idea of a goal, you'd like to achieve or an issue you would like to overcome, please contact me via jenna@assertbh.org.uk

Courses

Julia has been working extremely hard updating the course and making the courses assessable via Zoom. Both Life Skills 1 & 2 and Exploring Autism are due to start soon. Please contact Julia with any questions regarding this service. Lifeskills@assertbh.org.uk

Peer Discussion Group

Debbie is continuing to offer the PDG via Zoom every Friday. Each week the discussion is based on a different topic. The group has been really successful throughout lockdown. If you are interested in attending the PDG, please contact Debbie on debbiet@assertbh.org.uk

Active Club

I am excited to start thinking about what fun & interesting (socially distanced) activities we can do in Brighton these coming months. If you have any idea or recommendations, or would like to be added to the Wellbeing Club email group for updates, please contact jenna@assertbh.org.uk

Coffee Club

I am beginning to research options for Coffee Club to resume during the coming months. I will hopefully have more information on this shortly. Again, if you would like to be added to the Wellbeing Club email group for updates and the opportunity to attend future Clubs, please email me on jenna@assertbh.org.uk

Buddy Scheme

Our new Buddy Scheme is up and running! We have a number of volunteers available to be paired with clients and who will offer a weekly 30-minute chat. Please contact Sue on activities@assertbh.org.uk

Wellbeing Pack

Now this might just be me, and because I just had 10 days off or because I have the notion term times engrained into me, but I feel that this September marks a feeling of nostalgic fresh starts!

Lockdown and the past 4 months has lead to some really interesting conversations and ideas about what we would like to do, try and achieve in the future. Having not been allowed to do (mostly) anything, I am excited to make some plans for the next few months. For example, during lockdown I made a list of all the National Trust places I want to go 'post-lockdown'. And I am very happy to say that I am going to Bodiam Castle tomorrow! First on the list – nearly ticked.

Although we do still need to be cautious about what activities we begin doing again, I wondered what activities did you missed during lockdown and are excited to start doing again? And before you start doing it available, is it well organised & do you feel safe doing it?

I spoke to a client this week who is extremely excited to start going to the cinema again. However, he is aware of the risk that this activity may have. Therefore, he is panning that rather than going weekly, he is going to reduce how often he goes, down to just twice a month. He has also researched the protocols at the cinema to make sure that he is prepared and feels safe.

Activity

During lockdown did you think of a new activity that you would like to try? This week's activity is to think of a new goal that you would like to achieve – this could be a new hobby, a topic to learn about... or maybe you have decided you would like to move house.

1. How would you achieve this goal?
2. Do a mind up of ideas – ask yourself ‘what’, ‘how’ & ‘when’
3. Try and break it down into small tasks - what do you need to do first?
4. Is there someone you could ask for help if you find planning this a bit hard and you’d like some help?