

**Wellbeing Club 20**

**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 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 that walks. She is really excited to begin to offer them again and get rambling! If you have 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 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.orguk

**Active Club**

I am excited to facilitating the Active Club in-person again! Because of the restrictions in numbers, there will now be to Active Clubs per month – on the 1st & 3rd Friday. The first activity will be jogging. If you are interest n attending or would like to be added to the Wellbeing Club email group for updates, please contact jenna@assertbh.org.uk

**Coffee Club**

Coffee Clubs are now running again – outside and in small groups of six. Again, 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

**Preparing for Winter**

Throughout Spring & Summer, I published a weekly Wellbeing Pack which included topics to encourage us all look after our wellbeing during this very strange time. The topics varied from practical information, to fun activities, to making sure we are keeping routine! The Wellbeing Pack will now be included in the new monthly Assert newsletter. In the first Wellbeing Pack segment I wanted to talk about preparing for winter.

The lead up to winter usually feels exciting, but there are also the practical things to think about; getting out your warm clothes, turning the heating on, checking you have waterproof shoes. And I think this year these preparations feel even more important. I have been talking a lot about what plans I can make for the coming months to ensure that I am well, content, entertained and busy with activities.

At the beginning of lockdown, I was pretty good at leaving the house for my daily exercise, however over the last couple of months I haven’t been very self-disciplined with this. Therefore, as I am still working from home, I am determined to leave the house for a walk each day, to get some fresh air once a day (and ideally see the blustery sea). I am also aware that this may get harder as the nights draw in early so I have decided to do this during my lunch break so that I still get some much needed Vitamin-D during the day.

In order to decrease the effect of the weather on my desire to stay indoors to hibernate throughout winter, I was inspired to be more prepared than ever for the gloomy weather – and I therefore purchased a new knee-length rain coat to avoid that horrible soggy thigh sensation.

Although I am sure there will be days when I want nothing more than to stay in my trackies on a cold day, but I hope that I am putting plans in place that make me feel more able to get out and stomp around no matter what mood I may be in.

**Activity**

Try to leave the house once a day for a week. This can be literally standing outside your front door, a stroll round the block, or an afternoons hike over the down – which ever suits you. Please reflect on how you feel at the end of the day. Will you keep it up next week?