for further information on Inspire Mental Health…

Prospects Community Wellbeing Service
5-7 Parkview Road
Castlederg
BT81 7AH

Telephone: 02881670600
Email: prospects@inspirewellbeing.org

prospects
community
wellbeing service

Sept – Dec ‘17
meet the team

Ciara Mc Goldrick - Manager
Shannon Lynch - Project worker
Hanora Reflewsiki - Project worker
Niamh Mc Cay - Support worker

Wednesdays

am: Food Values
Budgeting for better nutrition, to make healthier food choices more accessible on a budget.

pm: 1-1 sessions
This session is allocated time to individuals, with a specific focus on an agreed and person centred, tailored plan
what we do:

Monday;
am: Around the world
A look at countries around the world and their local cuisine. Fun and interesting facts and opportunities to cook/sample foods and share knowledge

am: Creative recreational
This course is ran through SWC with a college tutor. Various craft activities and recreational studies

opening hours

Monday: 10:00am-4pm

Tuesday: Peer lead (non staffed session)

Wednesday: 10:00am-4pm

Thursday: closed

Friday: Learning Disability