

**for further
information on
Inspire Mental Health...**

Prospects Community Wellbeing Service
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**prospects
community
wellbeing service**



Sept – Dec '17



meet the team

Ciara Mc Goldrick-Manager

Shannon Lynch-Project worker

Hanora Reflewski-Project worker

Niamh Mc Cay-Support worker

Wednesay

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