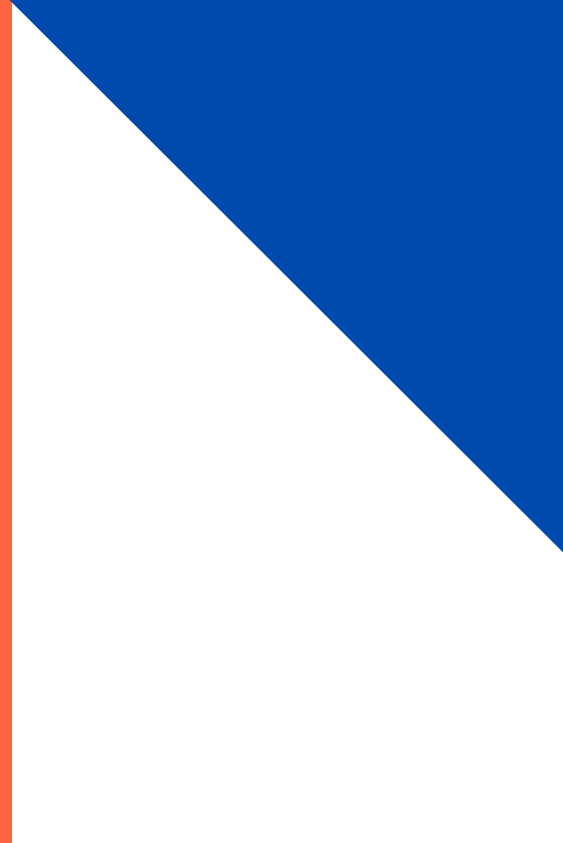
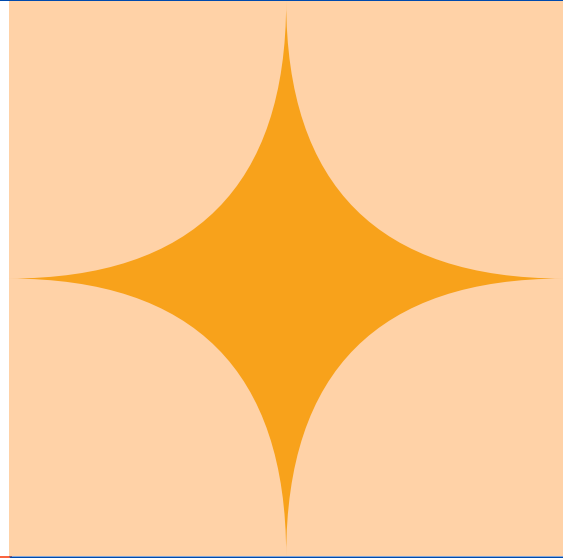




What's going on in

WORK & LEARNING



01

WORK & LEARNING

- 1-2-1s
- Monthly Session
- TEPS
- Flourish Community Connections
- Learning
- Volunteering

02

DIGITAL SKILLS

- Digital 1-2-1s
- Digital Skill Shares & Drop Ins
- Tablet Loan

03

PERSONAL DEVELOPMENT

- Inspiring Growth
- Living Emotion
- Peer 2 Peer

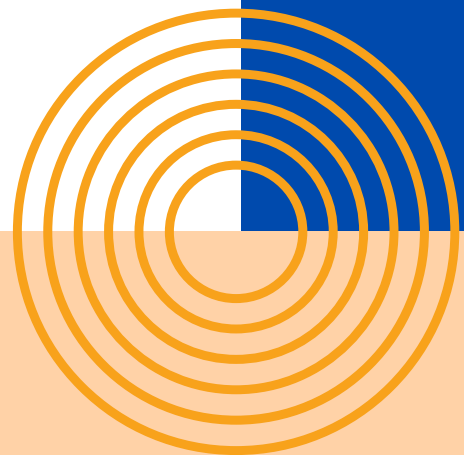


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WORK & LEARNING



1-2-1s

A conversation with just you and a staff member about goal planning, where you're at and where you want to go.

Book a 1-2-1 at reception or speak to Noel or Sophie.

MONTHLY SESSIONS LIFELONG LEARNING

**WORK &
LEARNING**

SKILL SHARES

Once a month members volunteer to share their skills! These can be on a variety of topics and we are always looking for suggestions.

INFO SESSIONS

Once a month Work & Learning hosts sessions aiming to inform members about other services and courses.

STUDY GROUP

Every two weeks members get together to discuss what they are working on. This is a drop in so no need to book, everyone is welcome!

DISCUSSIONS

Once a month Work & Learning hosts a discussion on topics decided on in the weekly unit meetings.

TEPS

We offer short-term, supported transitional employment placements (TEPs) and can also refer to Individual Placement Support (IPS).

Speak to Noel, Wesley or Sophie for more information.



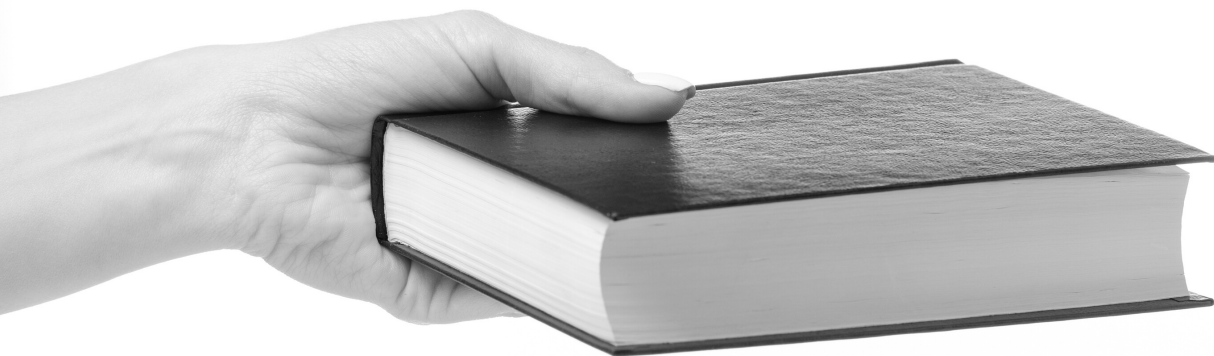
FLOURISH COMMUNITY CONNECTIONS

A 4-week, low-intensity course exploring and identifying supports and services in the local community. These will potentially include visits to local organisations and community groups, guest speakers from local support services, potentially a support and services fair.



LEARNING

It can help you succeed at your job. It can help your brain stay healthy. It can help you stay connected. It can help you stay fulfilled. It can help you be happier. It's easier than ever to engage in Lifelong Learning.



VOLUNTEERING

Benefits of volunteering:

- Gain confidence. Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement
- Make a difference
- Meet people
- Be part of a community
- Learn new skills
- Take on a challenge
- Have fun!



DIGITAL SKILLS



DIGITAL 1-2-1s

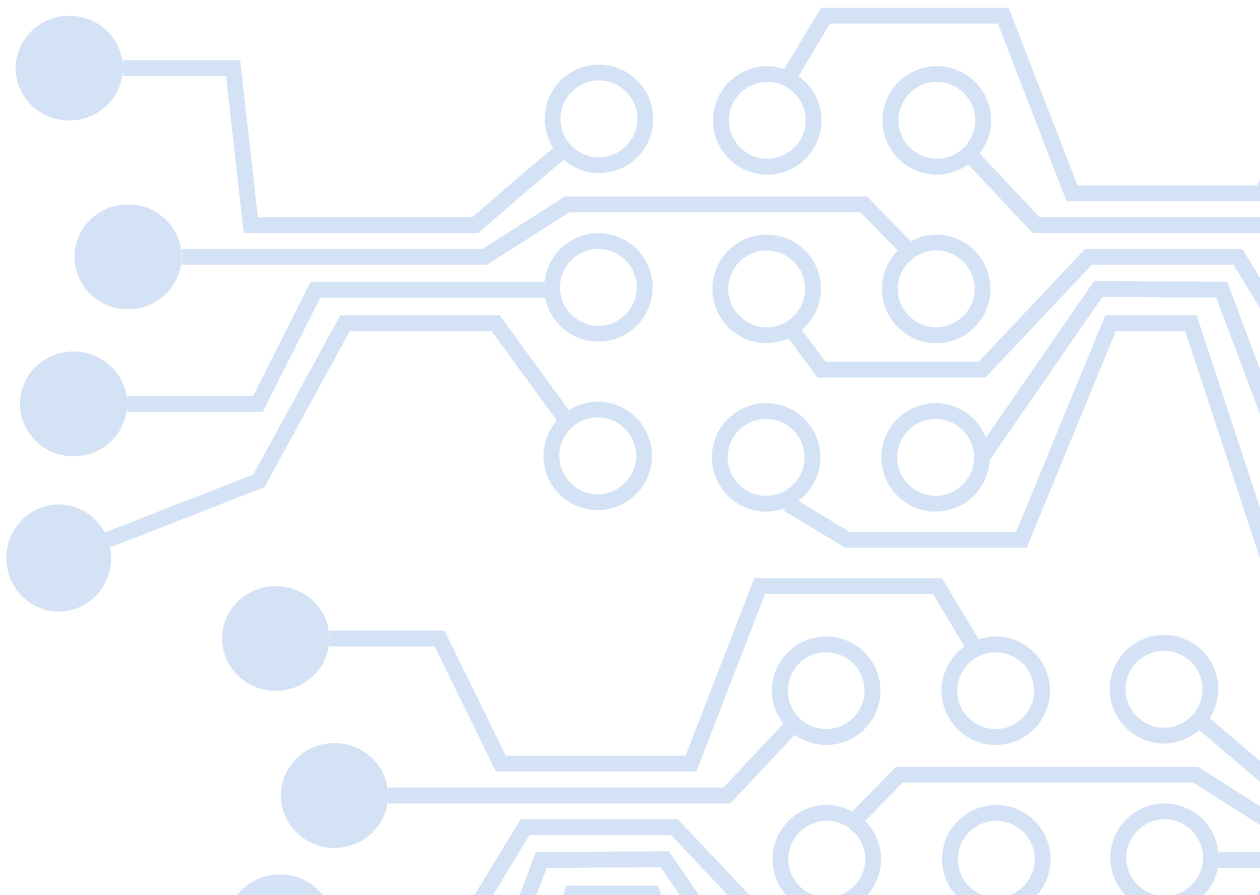
Offering weekly 1-2-1 help with technology issues

Book a digital 1-2-1 at reception or speak to Noel or Sophie.



DIGITAL SKILLSHARES & DROP-INS

Bi-weekly digital skills building through group sessions: smartphone classes, internet safety, online supports & services.



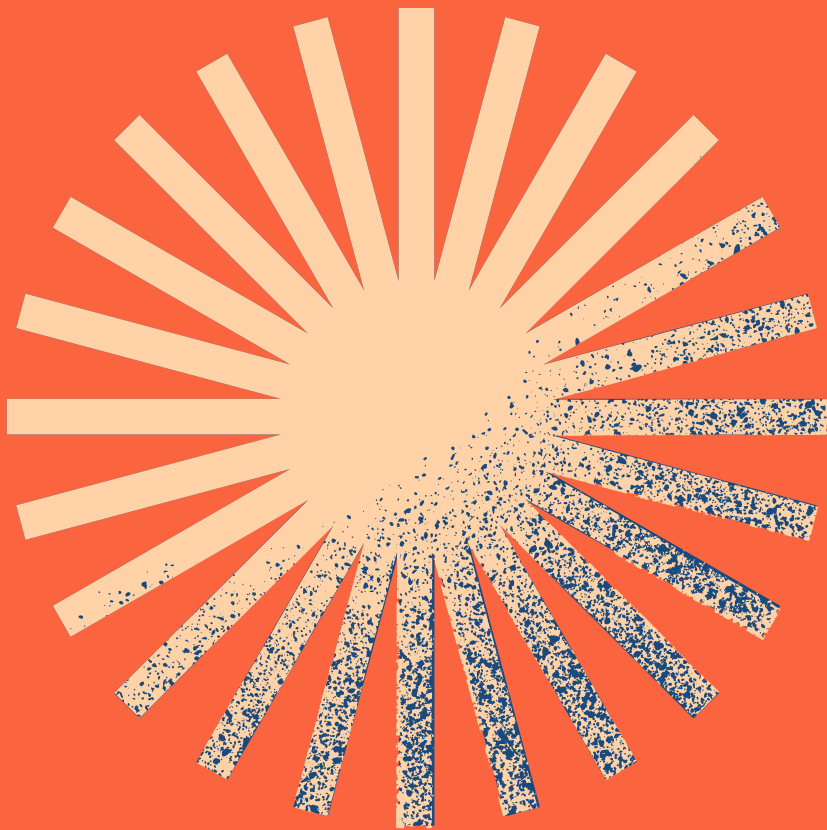
TABLET LOAN

6-month loan of one of our tablets. Flourish will cover the data contact and will offer staff support.

Speak to Sophie for more information.



PERSONAL DEVELOPMENT



INSPIRING GROWTH

A 4-week, low-intensity introduction to personal development course and the key principles within the Clubhouse model, recovery management and importance of trying new things.

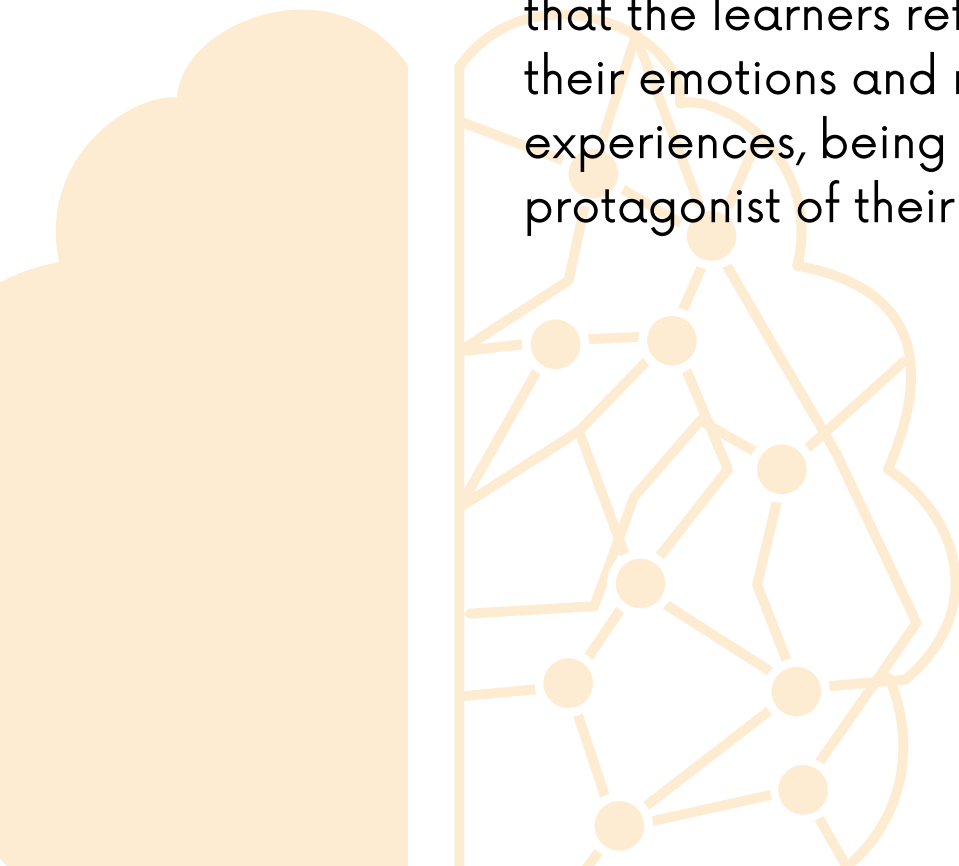
Sessions may include:

The importance of structure in life and meaningful days, recovery planning and thinking through what supports we have available to us, The importance of trying new things, exploring barriers and signing up for taster sessions



LIVING eMOTION

Living e-Motions is a training course specially designed to meet the emotional learning needs of people living with mental health challenges. The methodology is based on visual story-living, which means that the learners reflect on their emotions and recovery experiences, being the protagonist of their own story.



PEER 2 PEER

Peer2Peer is an innovative 8-week course designed to prepare people with lived experience of mental health problems to be employed or in voluntary peer support roles and support others in their recovery.



QUOTES FROM FLOURISH HOUSE MEMBERS

"Borrowing a tablet has been so helpful, I wasn't able to use computers due to my eyes getting sore. The tablet I can use much better."

"If I hadn't done some of the reading and writing groups I would have struggled doing the online meetings."

"It's given me confidence to deal with things in my personal life. It has given me more confidence to try things like online courses at home."

"I'm not great at reading, so I've learned a lot at Flourish. Learned a lot from literacy tutors. I've gotten a job and now that's 15 years at IKEA. My boss wouldn't have recommended for me to go back to work, but I've done it and proved everyone wrong."

"I'm glad I had a chance to do [Peer2Peer] training with such lovely people... We encourage each other about trying new things, moving beyond our comfort zone. I have a hope, living with a health problem I can use my experience and help someone else take their first steps in the recovery direction."

"I've gotten an education through FH. Its helped me on my road to recovery."

"Really enjoyed doing this [Peer2Peer] course. A great confidence builder and finding out so much more about myself was insightful. I'm feeling more positive about the future and I've been taking part in Flourish House radio shows and even presenting a segment on different sports, a position I could never have envisaged being at. Would recommend getting on this course if you get the chance."

