



## Workshops on Wellbeing

### What is a POWWOW?

POWWOWs are workshops on wellbeing. A group of people with a shared interest in a particular area of wellbeing come together to share knowledge and experience. The groups particularly focus on exploring tips, ideas and practical steps that can be taken to improve wellbeing in the chosen area.

Feel Better • Feel Healthier • Work Together  
Feel in Control • Have Fun • Learn from Others  
Be more Confident • Do More

### What is it About?

There are many factors that affect our wellbeing. Our background, experiences, health, mental health, personal safety, opportunities and our relationships with others are just some of the factors that affect our wellbeing. Penumbra seeks to improve wellbeing by focusing on the areas below:

HOME	a safe and secure place to live
OPPORTUNITY	to pursue meaningful leisure, recreation, education and work possibilities
PEOPLE	as friends, confidantes and supporters
EMPOWERMENT	fully involved in decisions affecting own life

All POWWOWs are linked to some or all of the above.

For further information go to  
[www.penumbra.org.uk](http://www.penumbra.org.uk)



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# Programme

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POWWOW	VENUE	DATE	TIME

For more information and/or to book a place, please contact: