27th November 2019

Hi All,

Welcome to those of you who are new to my wellbeing e-mails! As always, please reply and let me know if you don't want to receive them as they are certainly not compulsory! I know that some of our Ambassadors already work alongside a number of excellent local services, whether that's mentoring at The Open Door Centre or being involved with other local charities and services like Wirral CAMHS, Youth Parliament and YPAS. YPAS runs from Liverpool city centre and offer a range of services as well as groups for all things well being. I've copied in the link below of their calendar of events. There are similar groups running from the Hive, Birkenhead too so check those out too when you get time.

<https://ypas.org.uk/services/whats-on-calendar/>

Often it can be helpful to chat to like- minded people and can be incredibly powerful to use your experiences to make positive change. There's something for everyone out there and I'll pass on a few other services over the next half term :)

Jen