



The well woman workshops are part of the work of The (Kempston) Net Charitable Trust.
(Charity No: 1100776)

If you would like to give towards our work you can do so online at: give.net The Kempston Net Charitable Trust (1100776)



ALL SESSIONS ARE HELD AT
PROJECT 229
229 BEDFORD ROAD
KEMPSTON
MK42 8DA

Taking bookings for the next course



Scan for referral form

For further information contact:
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Places on all these courses are limited and each course must be booked in advance.

WELL
WOMAN
WORKSHOP

2025

"A journey of a thousand miles begins with a single step"



The Well Woman Workshop

has been running at Project 229 since 2006 and hundreds of women have benefitted from attending this course.

THE FIRST 6 WEEKS

- 1 OVERVIEW**
Small changes in our life can make a considerable difference. How is your life balanced at present? What would you most like to change in the next six to twelve months?
- 2 SOCIAL WELLBEING**
How do we build friendships and feel connected to our community? What happens when we feel isolated and have to start over again?
- 3 PHYSICAL HEALTH**
How do we maintain and improve our physical health? What takes us from knowing what we should be doing to actually doing something towards a healthier lifestyle.
- 4 EMOTIONAL WELLBEING**
How do we manage and process what we "feel" in the ups and downs of our lives?
- 5 SPIRITUAL WELLBEING**
How do our beliefs and convictions affect the way we see and interpret things around us and the changes we face?
- 6 WHERE DO I GO FROM HERE?**
What options do I have? All participants are offered an opportunity to meet with a careers advisor if they would like to do so.

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WELL WOMAN WORKSHOP



2025

All courses are on
Tuesdays either:

10am -12 noon

1pm - 3pm

7.15pm - 9.15pm

Start dates are:

7th January 2025

22nd April 2025

2nd September

All courses have a break at half term to coincide with local schools.

WEEKS 7 - 10

7

SWOT

How do we play to our strengths whilst acknowledging our weaknesses? How do we make the most of opportunity and accept risk?

8

BOUNDARIES

Where do we draw appropriate lines. Taking responsibility for our own choices and accepting that others will take their own path.

9

ANXIETY

How do we manage anxiety rather than anxiety managing us?

10

MAINTAINING RELATIONSHIPS

Walking side by side with our closest friends and family is challenging but important. What helps?

Finally we draw together the many aspects of resilience covered through the course.

FUNDING

This year's courses have been funded by:
Gale Family Trust
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Grace Community Church