



Norwich and
Central Norfolk

Explore

New Ways to Wellbeing

What is the Explore programme?

The Explore programme is an opportunity to discover more about ourselves and how to improve our mental health and wellbeing using arts and nature activities. This is an exciting opportunity to try something new, make friends and challenge yourself. You will be supported by highly trained volunteers who will be there to make sure that you feel safe in a friendly and relaxed environment.

Activities include:

Arts and crafts, boating, raft-building, bushcraft, archery, cooking, building our own Wellbeing toolkits and much more!

Who can apply?

Anyone aged 18-25 who has had experience of poor wellbeing and wants to learn more about feeling better.

When and where does the Explore programme take place?

Monday 4th September – Friday 15th September, Monday to Friday 10am til 3pm, Norwich City Centre.

To learn more contact Layla Dickerson on **01603 432457**
or layladickerson@norwichmind.org.uk



Application Form

We would love to hear from you and why you think this opportunity would be something that would help you. Please contact us on **01603 432457** or **layladickerson@norwichmind.org.uk** to find out more or if you would like help filling out this form. Deadline for applications **31st July 2017**.

Name:

Date of Birth:

Address:

Phone:

Email:

1. Why do you think that the Explore programme would be good for you?

2. Have you had experience of anxiety, depression or low self-esteem? If so, how are you doing at the moment?

3. Do you have any special requirements to ensure you can get the best from this programme?

Please return this form to **layladickerson@norwichmind.org.uk** or mail to
Norwich Mind 50 Sale Road, Norwich, NR7 9TP