



INCLUSION



The Wellbeing Hub

The Wellbeing hub will offer opportunities for you to improve both physical and mental wellbeing, reduce social isolation and increase community involvement.



COURSES AND WORKSHOPS

- **Health & Wellbeing**
5 week course covering topics to help improve your overall wellbeing
- **Introduction to mindfulness and meditation**
- **Job club**
10am-12pm every Friday- get support searching for jobs, improving your IT skills and creating a CV
- **Your account:**
Council services online- This is a workshop that will help you to Set up an e-mail address and start accessing your personal council services online such as council tax and benefits. Book on one of the following dates:
30/06/17, 17/07/17 or 16/08/17 1pm-3pm

3 Month Pilot running June, July & August 2017



For more information please contact Trudi Race on **01709 827767**

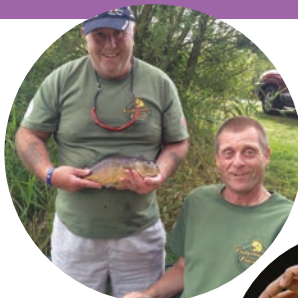


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Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.



Mondays

1:00 - 2:30pm

Walking Football at Parkgate Astro

3:30pm - 4:30pm

Men's fitness session at the Goal Zone, New York Stadium

Tuesdays

11:00am - 12:30pm

Boccia and social group at the Goal Zone, New York Stadium

1:00pm - 4:30pm

Fishing group at Bakers Pond



Wednesdays

10:00am - 11:00am

Walking netball for ladies only at Rotherham Leisure Centre

12:00pm - 1:00pm

Badminton at Rotherham Leisure Centre

2:00pm - 3:30pm

Inclusion football at Parkgate Astro



Thursdays

11:00am - 2:00pm

Walking group at various locations

Fridays

1:00pm - 2:00pm

Ladies only Fun fitness session at the Goal Zone, New York Stadium