



The Bungalow Partnership

NON-PROFIT ORGANISATION

SELF CARE FOR STAFF EVENT

Monday 13th January 2020 3.30-5.45pm

Self Care for Staff to prepare for the year ahead

Led by Alan Jukes—Mental Health Consultant

The Bungalow Partnership, Rose Wood Academy Site, The Garth, Coulby Newham, Middlesbrough TS8 0UG

Do you sometimes feel overwhelmed by the pressures of life?

Do you often feel worn out and under the weather?

If so, then come along to our newly developed Bungalow Partnership workshop, where Alan Jukes will support you to find ways to look after yourself in this busy world we live in. This workshop is open to all and will offer you strategies that are easy to apply to help you cope with the many demands life presents us with. Life will always throw curve balls our way and this workshop will enable you to feel resilient, focused and in control.

This workshop is for you if you want to consider ...

- What it is that sometimes stops us for caring for ourselves to our best availability?
- What we can do to 'prioritise' the workload?
- What we can do to look after ourselves for life?
- How to listen to our bodies and avoid those common ailments
- How we can improve diet and sleep to allow strong foundations for today and tomorrow?

£50.00 per delegate (Booking essential)



To book a place please contact The Bungalow Partnership.

thebungalowpartnership@gmail.com

Tel: 01642 595363

This workshop is in high demand and places are limited so book early to avoid disappointment.

*Come along and enjoy a relaxing couple of hours learning to take better
care of yourself*



TRAINING EVENTS BOOKING FORM

CONTACT DETAILS

Name of School: _____

Address : _____

Telephone: _____ Email: _____

Contact: _____ Position in School: _____

Authorised by: _____ Signature: _____

TRAINING EVENTS £50.00 per delegate including refreshments

Self Care for the Year ahead : Monday 13th January 2020

DELEGATES

Name

Email :

1. _____

2. _____

3. _____

TOTAL COST £ _____

Please return completed booking form to:

The Bungalow Partnership

Rose Wood Academy

The Garth

Coulby Newham

Middlesbrough

TS8 0UG

Tel: 01642 595363 Email: thebungalowpartnership@gmail.com

