

Anxious....Depressed.....?

The Mental Health Initiative is a not-for-profit Social Enterprise based in Fareham. They run useful workshops on how and why anxiety and depression affect us and provides attendees with **simple, effective coping tools** that help to diffuse anxiety and depression. You can then use these simple techniques to self-manage any stress and depression that may arise in the future.

Sue and Graham of the Mental Health Initiative are offering to run a workshop for us at **no cost** (they finance this by running commercial fee-paying courses).

The workshop will be on **Tuesday 12th February from 10am to 1pm at the Masonic Hall in Fareham** – where we had the Christmas dinner.

(34 Queen's Road, Fareham, PO16 0NN). Parking available in the hall grounds and enter by the slope at the side entrance.

Numbers are **limited to 24** to this free event so if you are interested, please contact Steve Irving (addresses below) asap, giving your name, contact number and/or email address. Please also state if you will be attending the event on your own or with a carer.

There is a questionnaire which will help Sue and Graham apply for lottery funding to help their work. The questions on payment and how far you might travel are intended to show that people in need may not have the finances or mobility to attend fee paying courses. You can help them by clicking on the following link. <https://www.surveymonkey.co.uk/r/2KV2B6J>

I think this could be very useful for us as a group, helping to manage the mental side of multiple sclerosis.

Best wishes for the new year

Steve Irving

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**Mental Health Initiative Talk, Tuesday 12 February, Masonic Hall, Fareham,
PO16 0NN**

Information required

Name.....

Contact phone number

Email address.....

Will a carer be attending Yes.....? No.....?