



NHS MERTON TALKING THERAPIES (AKA MERTON UPLIFT) NOVEMBER/DECEMBER WORKSHOPS

LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

CONTACT: 020 3513 5888 | EMAIL: MertonWellbeing@swlstg.nhs.uk | Book direct on
Eventbrite: Merton Uplift events. All workshops are FREE of charge and available for those
aged 18+ and a Merton resident or registered with a Merton GP

WELLBEING

WELLBEING FOR NEW PARENTS

TUESDAY 7TH NOVEMBER | 11.00-12.30 | ONLINE

RELAXATION AND MINDFUL WALK

WEDNESDAY 8TH NOVEMBER | 11.00-12.00 | MORDEN HALL PARK

WELLBEING FOR CARERS

MONDAY 13TH NOVEMBER | 14.00-15.30 | ONLINE

LIVING WELL WITH PAIN

FRIDAY 24TH NOVEMBER | 12.15-13.45 | WIMBLEDON LIBRARY

MANAGING ANGER

MONDAY 27TH NOVEMBER | 12.00-13.30 | ONLINE

LIFTING YOUR MOOD

WEDNESDAY 29TH NOVEMBER | 11.30-13.00 | WIMBLEDON LIBRARY

COPING WITH STRESS

TUESDAY 5TH DECEMBER | 14.00-15.30 | WILSON WELLBEING CENTRE

RELAXATION AND MINDFUL WALK

WEDNESDAY 13TH DECEMBER | 11.00-12.00 | MORDEN HALL PARK



EMPLOYMENT

WORK, STRESS & BURNOUT

TUESDAY 14TH NOVEMBER | 17.30-19.00 | ONLINE

GETTING BACK TO WORK

THURSDAYS 16TH & 23RD NOVEMBER | 11.00-12.30 | ONLINE

STAYING WELL AT WORK

TUESDAYS 28TH NOVEMBER & 5TH DECEMBER | 17.30-19.00 | ONLINE

RECOVERY COLLEGE

MANAGING SLEEP

FRIDAYS 3RD & 10TH NOVEMBER | 11.00-12.30 | ONLINE

ANXIETY & COPING STRATEGIES

FRIDAY 8TH DECEMBER | 10.30-12.00 | ONLINE