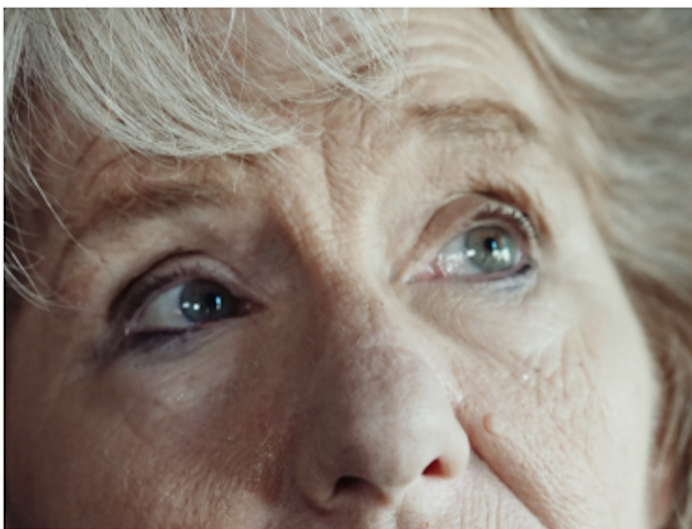




The well woman workshops
are part of the work of
The (Kempston) Net
Charitable Trust.
(Charity No: 1100776)



ALL SESSIONS ARE HELD AT
PROJECT 229
229 BEDFORD ROAD
KEMPSTON
MK42 8DA

Taking bookings for
the next course



Scan for referral form

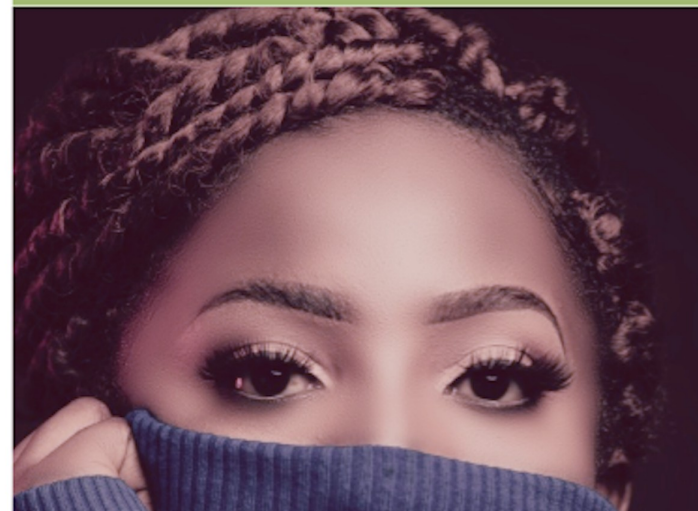
For further information contact:
Heather Solesbury
07941 401140
heather.solesbury
@graceinthecommunity.com

Places on all these courses are limited and
each course must be booked in advance.

WELL
WOMAN
WORKSHOP

2026

"A journey of a thousand miles begins with a single step"



The Well Woman Workshop

has been running at Project 229 since 2006 and hundreds of women have benefitted from attending this course.

THE FIRST 6 WEEKS

1

OVERVIEW

Small changes in our life can make a considerable difference. How is your life balanced at present? What would you most like to change in the next six to twelve months?

2

SOCIAL WELLBEING

How do we build friendships and feel connected to our community? What happens when we feel isolated and have to start over again?

3

PHYSICAL HEALTH

How do we maintain and improve our physical health? What takes us from knowing what we should be doing to actually doing something towards a healthier lifestyle.

4

EMOTIONAL WELLBEING

How do we manage and process what we "feel" in the ups and downs of our lives?

5

SPIRITUAL WELLBEING

How do our beliefs and convictions affect the way we see and interpret things around us and the changes we face?

6

WHERE DO I GO FROM HERE?

What options do I have? All participants are offered an opportunity to meet with a careers advisor if they would like to do so.

Places on all these courses are limited and each course must be booked in advance.

WELL WOMAN WORKSHOP



2026

All courses are on
Tuesdays either:

10am -12 noon

1pm - 3pm

7.15pm - 9.15pm

Start Dates:

January 6th

April 14th

September 8th

All courses have a break at half term to coincide with local schools.

WEEKS 7 - 10

7

SWOT

How do we play to our strengths whilst acknowledging our weaknesses? How do we make the most of opportunity and accept risk?

8

BOUNDARIES

Where do we draw appropriate lines. Taking responsibility for our own choices and accepting that others will take their own path.

9

ANXIETY

How do we manage anxiety rather than anxiety managing us?

10

MAINTAINING RELATIONSHIPS

Walking side by side with our closest friends and family is challenging but important. What helps?

Finally we draw together the many aspects of resilience covered through the course.

FUNDING

25 /26 courses have been funded by:
Bedfordshire Charitable Trust
private Charitable giving and
Grace Community Church
Thank you!