

FLOATING

COUNSELLING

OUR VALUES:

- | AM HONESTY
- | AM FAIRNESS
- | AM KINDNESS
- | AM INTEGRITY
- | AM OUTSPOKEN

COUNSELLING

One to one
Family
Group
Facebook group
Book - handout

RELATIONSHIP COACHING

One to one
Family
Group
Facebook group

www.floatingcounselling.co.uk/holidayschool

FOOD BANK

Every Thursday
Woodside memorial
Every Thursday 4-5pm

HOLIDAY SCHOOL

Easter 1 week
Summer 4 weeks
Christmas 1 week

Emotional intelligence,
Soft skills
Financial literacy

CRESNT PROJECT

***Woodside pop-in**
***Woodside Hub**
***Mandem medley**
***Clear communication web**
- Internet inclusion
***Wellbeing You**

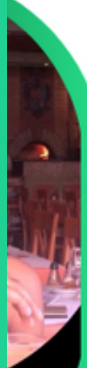
INSTAGRAM

WWW.INSTAGRAM.COM/FLOATING_BODYMINDSOUL/

WWW.FLOATINGCOUNSELLING.CO.UK



WORK



t House



WOODSIDE HUB MONTHLY PLANNER

Week 1

1. Link Worker -
Lynda (NHS)
2. Mental Health -
Celestina - Floating
Counselling)
3. Woodside Local Councillor
(Brigitte, Mike & Amy)
4. Internet inclusion -
Support with forms etc
Casper (Clear Community Web)
5. Healthy Homes
6. Age UK

Week 2

1. Link Worker -
Lynda (NHS)
2. Mental Health -
Celestina (Floating
Counselling)
3. Housing - Rolake (BU)
Beautifully Unapologetic
4. Legal advisor
5. Woodside Local
Councillor (Mike,
Brigitte & Amy)
6. Age UK

Week 3

1. Link Worker -
Lynda (NHS)
2. Mental Health/
Relationship support
Elizabeth (Floating
Counselling/ My Ocean
Coaching)
3. Sexual Health - Kerry
4. DWP - Mariah
5. Woodside Local
Councillor (Mike, Brigitte
& Amy)
6. Age UK

Week 4

1. Link Worker -
Lynda (NHS)
2. Mental Health -
Celestina (Floating
Counselling)
3. Internet inclusion -
Support with forms etc
Casper (Clear Community
Web)
4. Croydon Health Homes -
Deborah
5. Woodside Local
Councillor (Mike,
Brigitte & Amy)
6. Age UK

PARTNERS LOGO



LINK WORKER - LYNDA (NHS)



2. MENTAL HEALTH - CELESTINA ONIYE-THOMAS



3. RELATIONSHIP COACH- ELIZABETH (MY OCEAN COACHING)



4. WOODSIDE LOCAL COUNCILLOR (BRIGITTE, MIKE & AMY)



5. INTERNET INCLUSION - CASPER(CLEAR COMMUNITY WEB)



6. HEALTHY HOMES



7. AGE UK



8. DWP



9. HOUSING



10. SEXUAL HEALTH



Our Schedule

TUESDAY

**Woodside pop-in
For Elderly Every Week
10am -12:30**



**Woodside
Community Hub
1:30 - 3:30pm**



WEDNESDAY

**HWH
Men's only event
MANDEM MEDLEY
Every Wednesday
8.30 -10PM**



THURSDAY

**Food bank
Woodside Memorial
Every Week 4-5pm**



**Welderlies
Every 2nd Thursday of
Every Month 11-1pm**

*Croydon East Wellness
Support Network, CrESNT
Presents*

**WELDERLIES
BRUNCHETTE
MEETUP**

Aiming to support the over 65s
achieve their self-care

NOTES

For more information please email: Info@floatingcounselling.co.uk

Or

WhatsApp: 07305882959

Other Project Sign up





**FREE
WEEKLY
THURSDAY**



Wood side memorial
Se25 5HU
4pm
(Bus 197 & Blackhorse
lane tram stop)

**FOOD
DISTRIBUTION**

 www.floatingcounselling.co.uk/covid19

 +447305882959

Support Elect



Mental Health Counselling 6 session

*Holiday School



WOODSIDE COMMUNITY HUB

Woodside Community Hub is a central gathering place for residents and the community. Come together, have a cup of tea and a chat. It will also fulfil several important functions to support the community to thrive, not just survive. Weekly workshops and internet inclusion.

Date



**Every Tuesday from
31ST October 2023**

Time



Start At 1.30 - 3.30

Support we offer:

- ✓ Community Coffee Drop-in & Chat



Penguin
Random House
UK



Céline Nyssens
Editorial Assistant at
Ebury &
Penguin Random House



Danai Denga
Assistant Editor at
Penguin Random House

Croydon
Support
Presents

*Croydon East Wellness
Support Network, CrESNT
Presents*



WELLNESS
WORK

WELDERLIES
BRUNCHETTE
MEETUP

WELDERLIES BRUNCHETTE MEETUP

OF INDEX

Aiming to support the over 65s
achieve their self-care

**JOIN US EVERY 2ND THURSDAY
OF EVERY MONTH 11-1PM
AT ASHBURTON PARK CAFE, CR0 6RX:**

Menu

- 1- Pizza and salad
- 2- Jacket potato with beans or cheese or tuna with salad
- 3- Quiche, cheese and onion or roasted vegetable with salad
- 4- Toastie sandwich with salad
- 5- Light dessert
- 6- Bottomless tea and coffee
- 7- Planned activity for each session

Ashburton Park is accessible in a beautiful setting

Text 07947347483 and 07375824615 to book a menu item one week
before meet up

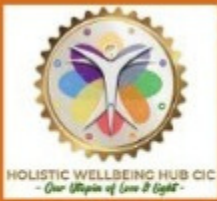
The first 30 bookings get their menu choice free of charge

Bookings above 30 pay £7.00

Email: swk@wellbeing.org web: www.wellbeingyou.org

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HOLISTIC WELLBEING HUB + 

CROYDON EAST WELLNESS NETWORK PRESENTS

MANDEM | MEDLEY

BUILDING SAFER & HEALTHIER NARRATIVES FOR MEN



WELCOME BROTHER'S 

CHRIS "YAMPOWER" OTOKITO AND THOMAS "FITTER FATHERS" SCANNELL CREATED



WOODSIDE

COMMUNITY POP IN

ENJOYING THE GOLDEN YEARS





