I hope you and your community are managing to keep safe and well!!!

I know that at this time many parish councils have been working closely with their communities on a personal level and through this process you may have identified some parishioners and volunteers that could benefit from one of the free spaces available to take part in the fully funded Recalibrate Programme which will start later this month.

This is a behaviour change Wellbeing Programme that Golding Homes, and Wellbeing People are sponsoring 24 places on.  Could this possibly be something that could benefit any of your parishioners of councillors or yourself?.   The places are **free** to willing and motivated participants.  Due to part of the funding coming from Golding Homes we are needing to fill 50% of the spaces with their tenants and the other 50% need to live in Maidstone. We are looking for people to apply via a short online form to register their interest ( [link here](https://forms.office.com/Pages/ResponsePage.aspx?id=LeAV6cl8vk6wk3EljuYyrrZTZIHG6S9Ak-cyPbT8q4hUNDk0MTVBVU5DSFFaVFFTQkJMNTc5M1Q0MS4u)) and I will then contact them directly to answer any questions and determine if they are able to benefit from the programme.

The 12 week programme (that will be delivered via Zoom online), coaches individuals through a number of topics, all of which can help improve their health and wellbeing.  Here is a link to the expectations video if you are not sure if the programme is for you or your staff.  <https://www.youtube.com/watch?time_continue=3&v=5cqXj4Wea7g&feature=emb_logo>  It also gives you some first steps you can work on from today.  The package being offer for free is the Group Coaching option mentioned in Moto 3 of Accountability Acceleration.

I have also attached a promotional poster from Golding Homes with a link to the registration from and some course details.

Please just let me know if you have any questions and I thank you in advance for spreading the word.

Kindest regards,

Louise

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| --- | --- |
| **Louise Massett** | |
| **CLIENT EVENT COORDINATOR** | |
|  | |
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