

Bullion Bulletin

what's coming up at Bullion Hall

The Men's Shed

The Men's Shed is a free support group at Bullion Hall for men of all ages who are experiencing significant mental health and wellbeing difficulties.

Providing peer support based on lived experience, the Men's Shed offers a safe space for men to share their experiences in a respectful and non-judgemental environment. The Men's Shed meets every Thursday, 6pm to 8pm at Bullion Hall.

If you are looking for support come along. For more information about the Men's Shed email martin@bullionhall.com.



Facilitators Wanted

Bullion Hall is looking for an experienced male facilitator – or potentially several facilitators with different areas of expertise – to support our established weekly Men's Shed.

We are looking for someone able to create a safe, respectful and non-judgmental environment, facilitate sensitive group discussions, recognise and respond appropriately to distress and safeguarding concerns, and help men develop coping strategies and realistic routes forward.

Sessions will focus on:

Addictions • Anxiety, Depression & Anger Management • Suicide Prevention • Managing Change, Loss & Transition

Relevant experience might come from mental health, counselling, recovery/addiction services, suicide prevention, men's wellbeing, community support or social care.

Relevant lived experience is especially welcomed

Interested? Send a short expression of interest outlining your relevant experience, the programme areas you could support, how you would like to work with us and your availability.

Contact: Belinda Lewis, Chief Officer

Tel: 07391577041

Email: belinda@bullionhall.com

For a full Job Description visit bullionhall.com

Closing date: 12 noon Friday 18th Sept.

Interviews to be held on Thursday 24 Sept.

Ladies Together

Tuesdays 12.30 to 2.30pm

Ladies Together is a fun and friendly group for women who enjoy or want to learn craft making and want to get out the house, meet other women and make new friends.

For more information about Ladies Together email martin@bullionhall.com

The Men's Cree

Wednesday 12.15 to 2.15pm

The Men's Cree is a lunch and social group for men who feel lonely and isolated or who just want to get, meet new people and make new friends. The Men's Cree welcomes men of all ages.

For more information email martin@bullionhall.com

Lets Connect

Lets Connect is a weekly programme of activities for adults with learning difficulties offering social and creative activities along with exercise and games.

email patricia@bullionhall.com to find out more

Stuck at home, nothing to do?

If age or limited mobility prevents you from getting out and meeting other people, we can help.

Join our regular **Thursday gentle exercise group**, from 3pm to 5pm which includes Seated Exercise and Indoor Kurling and we can bring you to Bullion Hall in a **fully accessible minibus** and take you home too.

Seated Exercise and Kurling is £3, the minibus is £1. To find out more call Martin 07762 905 440.

Please note this offer is only available for Thursday's gentle exercise class.

Film Making for Wellbeing

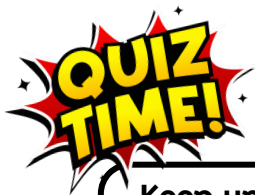


Discover how creating art and film can support your mental health with this fun, relaxed film making project. Have fun, develop your self confidence and improve your wellbeing.

Easy to use basic video equipment, ideas, words, acting, filming, directing - you choose.

No previous experience needed.

Starts Thursday 24 September 2.30pm to 4.30pm at Bullion Hall.
email workyticketcic@hotmail.com



11 SEPT. TEST YOUR GENERAL KNOWLEDGE WITH OUR FUN AND FRIENDLY FRIDAY QUIZ TIME 10-12PM

Keep up to date with what's on at Bullion Hall find us on our Facebook pages or visit bullionhall.com

Bullion Hall closes at 3pm on Mondays

