

The Kitchen Table

MetaPlay



LifeFlows

CoolFire

**An Invitation to help energise
and boost wellbeing
in your local community**

- ◆ **Grow, share, cook, celebrate great food!**
- ◆ **Fun and Personal Discovery - Enter your Game of Life**
- ◆ **Staying Strong - Staying Vital - Support for Key Life Phases**
- ◆ **New energy - New Balance - New Purpose**

The Apricot Centre and Farm has teamed up with the-Lightworks.co.uk to offer you **WELLSPRING** - a package of four interlocking wellbeing projects that seek to transform the mental and physical wellbeing of the wider community. From young to elderly people, teenagers, the unemployed, young mothers and families, - and other identifiable groups - **WELLSPRING** will provide a range of sustainable techniques and tools to help develop resilience and unlock the true potential of each individual. We will work alongside each person or group - according to the needs of your community.

And we need your input to help us make the funding bid that will deliver **WELLSPRING** free to groups in your community.

WELLSPRING will shortly be making a bid to support your individual project(s) to the "Reaching Communities" fund of the National Lottery. A vital part of the bid is to show how the various groups and community leaders within your area could get the most effective benefit from **WELLSPRING**. So just take a look over the page and tell us how you could adapt and/or use any or all of what we have to offer and the impact and resultant outcomes this might have in your area.

We need to have this information by March 1st. Simply click on the link in the email to which this leaflet is attached - and access the simple questionnaire. In the meantime though, you can visit the Apricot Centre and Farm's website for further details at:

www.apricotcentre.co.uk - and clicking on the WellSpring tab

**-or you can contact Mark O'Connell or Dave Read
by email
wellspring@apricotcentre.co.uk**

We all eat - all the time - but so often, we eat simply to keep going - to "fill the gap" - ignoring what we are eating - or how it got to us...

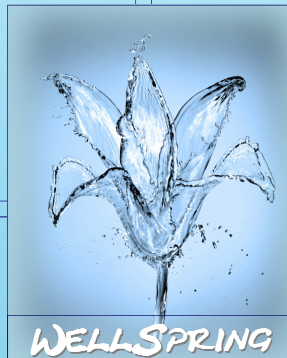
The Kitchen Table gives both families and the wider community great opportunities to get together and get involved.

...to share quality food - together
...to enjoy quality food - together
...seasonal celebrations - together

Actively play a part in growing and producing your own meat, fruit and vegetables with our Essex and Suffolk farmers on their organic farms in Dedham Vale - fresh, nutritious food of the highest quality - all direct from the farm to your table.

And we're not only with you on the farm - but also at your kitchen table. Our cooks can work with you in your own kitchen to show you how to get the best from your food as part of an enjoyable and healthy diet - so your whole families and communities can gather together and share the best - grown and prepared by you.

And our seasonal and varied community events bring families, friends - and great cooking together!



**Staying Strong -
 Staying Vital**

**Springboard Workshops
 for Key Life-Phases**

Pivotal times in your life can produce challenging combinations of pressures and the need to make key decisions - for example: finding a first job, facing a major life-challenge or perhaps facing a life-threatening illness.

You can choose from a range of LifeFlow practical workshop series which combine enjoyable introductory therapeutical workshops with subsequent individual 1:1 sessions.

LifeFlow workshops span your entire life - from "Tuning into your Toddler" to working with later life issues such as dementia. There's also a range of workshops for teenagers exploring what really inspires and motivates you - helping you discover your life direction.

The LifeFlow introductory workshop is followed up by a secondary workshop and up to three individual 1:1 sessions.

**Enter your game of Life!
 Play your game of Life!**

Discover through Adventure

Re-connect to your imagination and let MetaPlay create your own game that will take you on a journey of personal discovery and realisation.

You create your own quest with your own challenges - to then find solutions - build mental and physical resilience - helping you to find new and innovative directions and meaning in the journey that is real-life.

Exhilarating fun for all Children - aged 7-12 - helping them to develop and explore a whole range of practical and emotional lifeskills.

And there's MetaPlay for adults too!

Play MetaPlay in one hour, half-day or full-day formats.

**"Stress? Pressure? It's how
 you feel things and
 respond..."**

**"No longer feeling constantly tired
 - but calmly energised..."**

**"Why keep believing your
 negative thoughts..?"**

...so why not create a breathing space - literally - and start to use the fire of your energy in a really cool way - CoolFire. You can really start to harness and direct your energy to bring out the best in you.

The CoolFire fun, dynamic workshops use a mix of therapeutic techniques to create your own unfolding journey. Develop a calm balance through gently connecting and working with your underlying feelings to help resolve life's challenges.

And children (aged 7+) also think CoolFire is great! Many schools are using CoolFire to help resolve behavioural issues, promote calm and centred focus and increase motivation.