

We want  
to hear from  
**you!**



## Wellbeing Enterprises CIC

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# Inspire!

Unlock your potential and make  
a difference to your community



**wellbeing**<sup>®</sup>  
enterprises

# Who are we?

We're Wellbeing Enterprises and we help hundreds of young people every year to improve their wellbeing. Wellbeing means feeling good and doing things that you enjoy.

Maybe you've been feeling stressed, or been having difficulties at home or school? We can help you to develop a plan to get your life back on track.

You can also join in with lots of different projects where you can meet new people, boost your skills and enjoy the things that you love to do.



# What next?

Come along for a chat with us. This is a chance for you to tell us about what's going on in your life, in a safe and comfortable place.

We'll work with you to break down difficulties and find simple steps to help. We also want to hear about the things you're great at and we'll let you know how you can get involved in Your Story, Skills4U or Volunteering.

# What can you get involved in?

## Your story



Have you overcome a challenge in your life? Got a skill or a talent? It might be beatboxing, sport, drama, art or anything else - we want to hear from you! Work with other young people to share your story through creative roadshows. We want you to share your skills and help to inspire other young people!

## Skills4U



Want to learn new skills? Boost your chances of success with Skills4U courses. You can improve your confidence and communication, learn how to deal with difficulties and how to improve your wellbeing. Our 'Living Life to the Full' course can change your life in just a couple of hours!

## Volunteering



Want to help others? Boost your CV and learn skills to help your future career! We'll train you up as a Wellbeing Mentor so you can help friends, family and other young people to improve their mental health and wellbeing. You'll also get a Wellbeing Welcome pack with lots of tools and resources to help.

# Get in touch!

If you're from Halton, aged between 10 and 18, and have experienced or overcome a challenge in your life, we'd like to hear from you.



Call: 01928 589799



Email: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)



Or visit us online:  
[www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)