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| Community Massage London CIC pilot programme Rediscovering Touch For 19-24yr olds |
| Community Living Well Self-Care has funded a pilot project for young people with mental health needs.It will be hosted by Community Massage London CIC programme. Target Audience: people aged 19-24 with mental health needs (in Primary Care) registered with a GP in Kensington & Chelsea, Paddington or Queens Park. It comprises: 1. A two-part series of (2) workshops - to explore breathwork, meditation skills and the power of touch, as a way to reconnect with the recovery in each of us, building a bridge between mind and body to increase confidence and capacity for decision making.
2. Other options/participants: we will offer seated massage or reflexology sessions to participants through our unwind project,
3. 1:1 phone guided meditation, or phone or online motivational coaching.

Community Living Well also offer a wider range of Mental Health & Wellbeing support like psychological therapies, Primary care liaison team, Employment support, Peer support, and Navigators. If you would like to find our more visit <https://communitylivingwell.co.uk/> *Community Living Well is not a crisis service and if a person needs urgent help, is high risk, or has complex needs, please consider contacting CNWL Single Point of Access (SPA) on 0800 023 4650* |
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|  **CLIENT DETAILS** |
| **Name\*:** |  |
| **DOB\*:** |  |
| **Phone No\*:** |  |
| **Email:** |  |
| **How do you prefer to be contacted?** Phone / E-mail /SMS |
| **Address:** |  |
| **Postcode\*:** |  |
| **Do you have any dietary needs? (workshop only)** |  |
|
| **Gender\*:** |  |
| **Ethnicity\*:** |  |
| **Other** |
| **GP Surgery \*** |  |
| **Which would you like to attend*****Please click in the box******beside the option you would like to try*** | [ ]  **1**.Rediscovering **Relaxation** massage workshops **\****Please state any dietary needs above* [ ]  **2.** Guided meditation over the phone [ ]  **3.** Online Motivational coaching  **4. Seated therapeutic massage/reflexology for pain and relaxation** |
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| ***Please tick to give Permission to share information with our project manager KCSC :*** [ ]  ***Yes*** [ ]  ***No******Your information will be used by KCSC for project monitoring purposes and will be kept on a secure data base called Charity Log. See privacy notice*** <https://www.kcsc.org.uk/privacy-policy>  |