

# Shape Your Future

Newsletter 04: 24th May 2024

## Contents

Comment

Social Enterprise - RP's

Workshop Focus

Back to Basics

Membership Moments



[www.shapewellbeing.com](http://www.shapewellbeing.com)

### Comment

Things have been busy in the background as you can imagine.

We expanded out SM offering to include facebook, Instagram, Tiktok, X and LinedIn. We're also trialling a SM scheduler which makes getting all sorts of posts out at different times a lot easier.

Look our for posts and where possible, Like, Comment and Share. All three would be great as that's how we get the word out.

Our focus is still on getting new people onto the SYF workshop. This then means we get more people doing the ASC and the Diploma. Which means more RP.s

## Social Enterprise needs RP's!

Social Enterprise is all about helping in the community. We have put in a Community Asset Transfer request for the Arbroath Community Centre to set up the first Shape Wellbeing Community Hub. We're also looking at a property in Dundee to set up as a wellbeing centre. Our first priority is to do a pilot program in conjunction with local GPs to offer free (to clients) araid access to an RP. All RP's will be paid for their work. This is still early stages, but we're going to need all the RP's we can get our hands on.



# Workshop Focus

The next SYF workshop is June 9th, 16th, 23rd. We have some new comers, some returners and in very exciting news, we have Eleni and Natalie joining on their first step in the Train the Trainer programme.

We possibly have just one or two place left we can squeeze in. If you have someone in need, do them a favour and let them know about this workshop. Bookings before end of May only pay £149 compared to the full price of £175

## Back to Basics

The theme for this newsletter is mountains and lakes. What better place to reconnect with yourself by taking a moment to listen to your inner voice.

Listening is where it all starts and remember that you can listen with all of your senses, your ears, eyes, nose, taste, touch and of course your own intuition. Listen the your intuition to understand what it is telling you.. Whatever it is, will be important

## Membership Moments

We've been really lucky that we've had 18 members join the membership scheme so far. Although that still leaves quite a lot of you who have still not let us know what you want to do. On the 1st of June, the huge WhatsApp group will be deleted and all the members put into their membership levels. If you're not a member, we will not have your details. You will not get this newsletter. We will not contact you - because we can't. If you don't join as at least Associate Member (free) it means. you don't want us to have your details. We will respect your wishes. But don't get caught out because you think you'll do it later. Do it now before you forget. If you're not sure, contact me on [admin@shapewellbeing.com](mailto:admin@shapewellbeing.com)

## Rewards & Cothing

Great news. The first batch of items and clothing have been made and we are gettign ready to unite them with the members who have already joined