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| *Introducing...*Well & Connected at Home |

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| All Strong are very pleased and super excited to announce **Well & Connected at Home** – an **innovative** and **FREE** **community wellbeing project** for Perth & Kinross providing direct and ongoing mental health self-management and overall wellness support to those facing extra challenges in this difficult time. Well & Connected at Home will enable up to **700 people in Perth & Kinross**to engage in our self-management support programme, which will run for a minimum of **6 months**, and includes a **timetable of dedicated online classes and drop-in**sessions, through private dedicated groups within our app, All Strong Mind & Body, and Zoom sessions. Each participant will benefit from receiving a**wellbeing bundle** to support their wellbeing activity and engagement with the programme. |

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| What is Well & Connected?Well and connected is a programme with 6 months of ongoing wellness support in which you can hop in and out of throughout that time. There is a weekly timetable of activities that go along with a wellness bundle that can be delivered directly to you!**Here's a sneak peek of some of the bundle items that have arrived!** |

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| There are two aspects to Well & Connected: * ACTIVITY FOCUS: For 11-15 year olds (up to 500 participants) facing extra challenges (disadvantage, unpaid carers, common mental health issues) - Through referring organisations.
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| * CREATIVE FOCUS: For 16+ (up to 200 participants) with common mental health conditions, including anxiety, depression, chronic stress and low mood.
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| This is a **highly collaborative project across Perth & Kinross**, and we will be working with a variety of long-term and new partners both in a referral and delivery capacity, including @MindSpace, @YMCATayside @TheBreatheProject @traumahealingtogther @5aliveyoga @yogadidi @wellmindslistening @Strathmore Centre for Youth Development – SCYD …. and more.We aim to have all referring organisations finalised by the end of the week, with more details to follow very soon. Participants will be able to register for the programme from **mid-February**, with wellbeing bundle delivery and the first sessions commencing **March 15th :)**   |

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| How do I register?Just click below on the Well & Connected Programme that it right for you. 😊 |

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| [**Well & Connected- ACTIVE Registration**](https://gmail.us4.list-manage.com/track/click?u=e49ef8671c13da06d19a18f2c&id=5255c6ce4e&e=097a41fe7a) |

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| [**Well & Connected- CREATE Registration**](https://gmail.us4.list-manage.com/track/click?u=e49ef8671c13da06d19a18f2c&id=59536b5587&e=097a41fe7a) |

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| **All Strong Scotland CIC** are a non-profit fitness and wellbeing enterprise, with a focus mission to improve and support the self-management of mental health and total wellness since 2018. Through our original blended approach of **activity, mindful relaxation and peer connection** in exploring and experiencing themes of wellbeing, we have been providing this **foundational wellbeing experience** with our **Fitness to Feel Better programmes** for last two and half years, including to Perth Autism Support, PKAVS Carers, Support in Mind Tayside, Services for Young People @Scott St, MindSpace, as well as the general public. During the first lockdown in early 2020, we launched our innovative and original online wellbeing community in the form of our app, **All Strong Mind & Body**, which is in continual development to provide **24/7 support in your pocket**, as well as to deliver meaningful and impactful services, programmes and projects which are both open to the public, as well as tailored for specific groups. For further information and to get involved please email Andy – andy@scotlandallstrong.com |

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