



2022 Explore Autumn Term six week, meeting once a week, Programme Schedule

A socially engaging personal development programme offering an opportunity to purposefully bring people together for upliftment, empowerment and wellbeing

Venue for programme: Richmond Library Annexe, Quadrant Rd, Richmond TW9 1DH

	Week 1 Tues 1 st November	Week 2 Tues 8 th November	Week 3 Tues 15 th Nov	Week 4 Tues 22 nd Nov	Week 5 Tues 29 th Nov	Week 6 Tues 6 th December	
Enrolment Questionnaire	Morning Session starts 10.30am (coffee/tea social from 10am)	<ul style="list-style-type: none"> Welcome Introduction to Explore Take 7 Simple Steps (Susie) www.take7simplesteps.com Icebreaker - Susannah Cooking skills workshop (Laura - Relish & Grace) 	<ul style="list-style-type: none"> Take 7 Simple Steps Wellness workshop breathe & stretch – Bhuti - midday www.bhuti.co 	<ul style="list-style-type: none"> Take 7 Simple Steps Meeting planning: overcoming barriers & being confident in a meeting. (Frankie) 	<ul style="list-style-type: none"> Take 7 Simple Steps Personal Values Workshop – what is important to me. www.maiarushby.co.uk 	<ul style="list-style-type: none"> Take 7 Simple Steps Building Personal Profiles Workshop. Introduction, purpose & creation of a profile. (Susannah) 	<ul style="list-style-type: none"> Take 7 Simple Steps Kew Discover Horticulture course STEPS:- Socials, Kew Table of Hope calendar Next steps in volunteering, training Opportunities & introductions: <ul style="list-style-type: none"> - Richmond Furniture Scheme - TRJFP - Habitats & Heritage - RHACC - English Heritage – Marble Hill Feedback & self assessment. Award of Certificates
	Lunch (1-2pm)	Lunch (in) Relish & Grace	Lunch (out)	Lunch (in) (motivational – previous Explore participant)	Lunch (out - RACC)	Lunch (in)	Lunch (Finger lunch early – Kew 12.30)
	1hr 30min (2-3.30pm)	<ul style="list-style-type: none"> Baking workshop & Story of transformation from Luminary Bakery. Feedback 	<ul style="list-style-type: none"> SHINE: Barista skills & Hospitality (Timi) @ Bhuti cafe Feedback 	<ul style="list-style-type: none"> Citizens Advice Bureau Richmond – Basic Budgeting www.citizensadvice.org.uk Feedback 	<ul style="list-style-type: none"> Gardening - Intro & Tour (Kew Gardens Bus 65. Meet at Victoria Gate. 2-3pm www.kew.org/learning/community-and-access Feedback 	<ul style="list-style-type: none"> Woodwork skills workshop - build a plant holder (Richmond Furniture Scheme) www.rfsonline.co.uk Feedback 	<ul style="list-style-type: none"> - Kew Festive Community session 1-2.30pm

Completion/Feedback Questionnaire

Coming soon: | Spring 2023: 21st & 28th Feb 7th, 14th, 21st & 28th March | Summer 2023: 6th, 13th, 20th, 27th June & 4th, 11th July

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