



2023 Explore Summer 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 6th June	Week 2 Tues 13th June	Week 3 Tues 20th June	Week 4 Tues 27th June	Week 5 Tues 4th July	Week 6 Tues 11th July	
Enrolment Questionnaire	Morning Session starts 10am (coffee/tea served from 9.30am)	<ul style="list-style-type: none"> Welcome Introduction to Explore Love Me Programme - Take 7 Simple Steps (Susie) www.lovemeprogramme.com/about Cooking skills workshop (Laura - Relish & Grace) 	<ul style="list-style-type: none"> Take 7 Simple Steps Wellness workshop breathe & stretch Icebreaker (Susannah) 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. (Maia) www.maiarushby.co.uk 	<ul style="list-style-type: none"> Take 7 Simple Steps Building Personal Profiles Workshop. Introduction, purpose & creation of a profile. (Julz) 	<ul style="list-style-type: none"> Take 7 Simple Steps 11am RHACC – Discover new learning opportunities (Lee Barbieri) www.rhacc.ac.uk Volunteering opportunities RCVS (Carmen Vicos) https://richmondcvcs.org.uk/richmond-volunteering/ 	<ul style="list-style-type: none"> Take 7 Simple Steps Reed in Partnership Presentation (Marzena) www.reedinpartnership.co.uk Kew Discover Horticulture course – September STEPS:- Socials, Kew Table of Hope Opportunities & introductions: <ul style="list-style-type: none"> - Richmond Furniture Scheme - TRJFP - RHACC - English Heritage – Marble Hill - Room for work Feedback & self assessment. Award of Certificates
	Lunch 12.30-1.30pm	Lunch Relish & Grace	Lunch Leave 1pm bus 68 to Kew	Lunch (motivational – previous Explore participant)	Lunch (out – RHACC)	Lunch	Lunch
	1hr 30min (1.30pm-3pm)	<ul style="list-style-type: none"> Baking workshop (Mary & Laura) Story of transformation from Luminary Bakery. Feedback 	<ul style="list-style-type: none"> SHINE: Barista skills & Hospitality (Timi). LiveWell Centre Kew – Bus R68 to Kew Feedback 	<ul style="list-style-type: none"> Bhuti wellness session – Bingham Riverhouse (Sam) Feedback 	<ul style="list-style-type: none"> Gardening at Kew Gardens - Intro & Tour (Bus 65 to Kew) www.kew.org/learning/community-and-access Feedback 	<ul style="list-style-type: none"> Citizens Advice Richmond – Basic Budgeting www.citizensadvice.richmond.org Feedback 	<ul style="list-style-type: none"> Woodwork skills workshop - build a plant holder (Richmond Furniture Scheme) www.rfsonline.co.uk

Completion/Feedback Questionnaire