

BUILDING A HAPPIER SOCIETY TOGETHER



ACTION FOR HAPPINESS



SHERRY CLARK

DIY Happiness



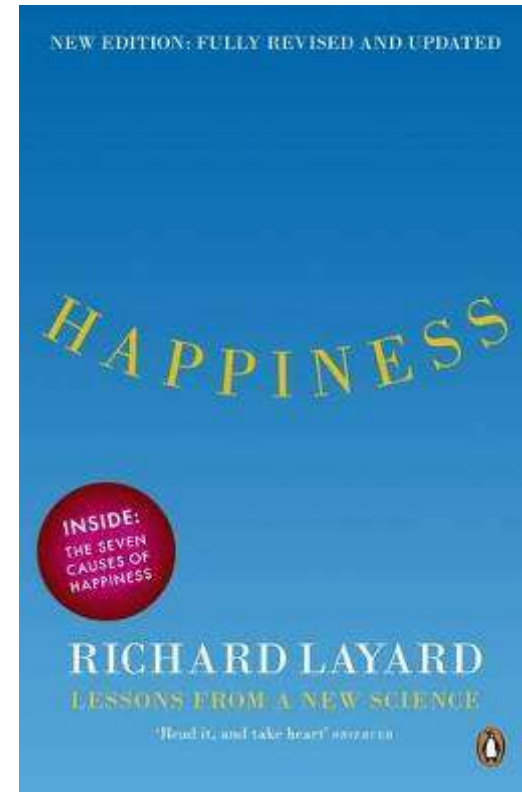
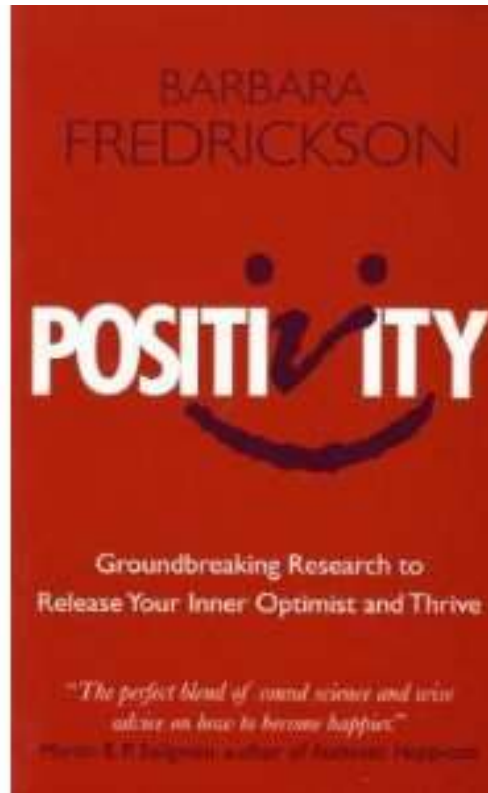
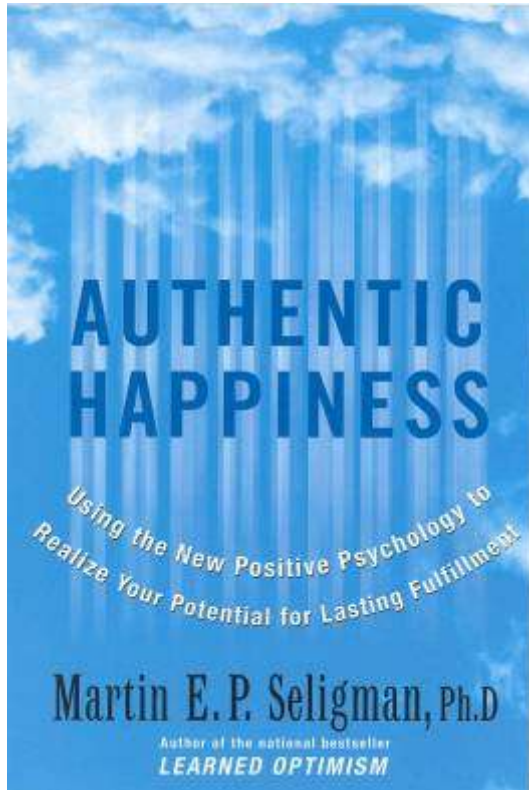
ACTION FOR HAPPINESS





do-it-yourself Happiness





“£14M Lotto cash to teach Londoners how to be happier”

Evening Standard

18 July 2007



Communities working together
for a healthier city





Body
Mind
Spirit
People
Place
Planet

...be active
...keep learning
...give
...connect
...take notice
...care



Connect... Be active... Take notice... Keep learning... Give...

CAN MONEY BUY WOMEN HAPPINESS?

How much would you need to make Brownswood happier?



WHAT is it? 8 well-being workshops for women exploring

- food & mood
- how to cope with stress
- mind, body & spirit
- 'happy' activities that are good for health

Using what you learn you can come up with an idea for something to make your community happier - we call it "Dare-to-Dream" - and we can provide the money for you to do it (up to £500)

WHO'S it for? Any woman living in the Brownswood Well London area

WHERE is it? Robin Redmond Resource Centre
440 Seven Sisters Road N4 2RD

WHEN is it? Friday 14 May - Friday 9 July 2010
9.45 am - 12.30 pm including a free healthy breakfast

Creche facilities will be available

For more info contact:

Caro Swan
DIY Happiness Administrator
carolyn.swan@slam.nhs.uk
020 3228 1695

Lesleyanne Forman
Borough Co-ordinator
lesleyanne.forman@hackneyhomes.org.uk
020 8356 1626





**“The facilitators and activities have been interesting, fun,
clear and accessible to all.
I have enjoyed being in such a diverse group of women
and watching them develop together”**



“For that 15 – 20 minutes I was actually feeling quite light and felt as though I had no problems in the world”

“The Pursuit of Happiness”

The Guardian (Mind Matters) Wednesday 6 April 2011



“Putting in order what makes you happy – it’s easy to focus on money and work – really enjoyed listening to women and hear their priorities – made me think!”



Mind

keep learning







“Teaching
Happiness”
course

Random
acts of floral
kindness

Laptop
for
studies

Happiness
Library

Family
panto trip

“Ask FREDA”
group

Eurostar
to Paris

Cosmetic
surgery

Driving
lessons

Community
bike project

Spa day

TV

Family
camping

Pampering for
mums

T'ai Chi for
over-60s

Decorate
my living
room

Craft
workshops

Renovating a
day centre
garden

DIY
happiness
for families

Sewing
classes

PARENTS FOR PARENTS FAMILY HAPPINESS

Join us for some happiness!



PROGRAMME

A free weekly family fitness break (10 am - 11 am) including pampering, reflexology, hand/face massage, followed by happiness discussions (11 am - 12.30 pm)

- 23 February Happy Families & Fitness with Anthony
2 March Positively Happy Parents with Shirley & Eve
9 March Family Happiness Photos with Sarah
16 March Happy Reading & Writing with thereader.org
23 March Staying Happy - Connections with Serena
6 April Happiness Day Trip - Bethnal Green Museum of Childhood
There will be activities for children during each session.

Venue Cossall Tenants' & Residents' Association Hall
Cossall Walk, Cossall Estate, Peckham SE15 2TR

Dates Wednesdays 23 February - 6 April 2011
9.15 am - 12.30 pm
(includes healthy breakfast)

For more info contact:

Sarah 07506 024835 Serena 07947 279864
Eve 07956 342171 Shirley 07953 093252





“Don’t ask yourself what the world needs, ask yourself what makes you come alive? And then go and do that. Because what the world needs is people who have come alive”

Harold Whitman

“Happier” by Tal Ben-Shahar PhD

sherry.clark@slam.nhs.uk

020 3228 1695



Follow us on Twitter

www.twitter.com/DIYHappiness

facebook

'Like' and 'Join' on Facebook

<http://www.facebook.com/pages/DIY-Happiness/191365004228760>

Website:

www.diyhappiness.co.uk

Email:

hello@diyhappiness.co.uk

BUILDING A HAPPIER SOCIETY TOGETHER



ACTION FOR HAPPINESS