

## An Invitation: Self-care and Wellbeing Conversations through Art

### *An Opportunity to Help Develop Wellbeing Activities for Black and Minoritised Women in the NHS and Care Sector*

[Sangini](#) is working with Staff Wellbeing Hub to develop wellbeing resources by and for Black and Minoritised women and to increase awareness and the variety of offers from the [Staff Wellbeing Hub](#).

Over the coming months, we would like to talk to as many women as possible who identify themselves as Black and Minoritised, working in the NHS and Care sector.

We are inviting women to have a conversation about -

- Self-care among Black and Minoritised women
- How wellbeing is perceived within the Black and Minoritised communities
- Ideas for sharing and developing wellbeing activities

**Register for our free one-hour online workshops starting in January. Early booking recommended.**

#### Workshops on offer

##### **Rangoli by Ranbir Kaur**

Friday, 27<sup>th</sup> January, 7 – 8.30pm

Friday, 10<sup>th</sup> February, 7 – 8.30pm

(early booking essential to receive packs)

##### **Indian dance by Payal Ramchandani**

Friday, 3<sup>rd</sup> February, 7 – 8.30pm

Friday, 17<sup>th</sup> February, 7-8.30pm

##### **Poetry by Dr. Sheree Mack**

Wednesday, 22<sup>nd</sup> February, 10-11.30pm

Wednesday, 1<sup>st</sup> March, 10-11.30pm

##### **Creative writing by Susan Mahal**

Friday, 24<sup>th</sup> February, 7-8.30pm

Friday, 3<sup>rd</sup> February, 7-8.30pm

## Your views are important and we need your help

Please register your place via Eventbrite by clicking on the link below.

[NENC ICS Staff wellbeing hub development: art workshops](#)

Contact Padma Rao for more information on mobile: 07930175319 or email - [padma@sangini.co.uk](mailto:padma@sangini.co.uk) or [projectsangini@gmail.com](mailto:projectsangini@gmail.com)

