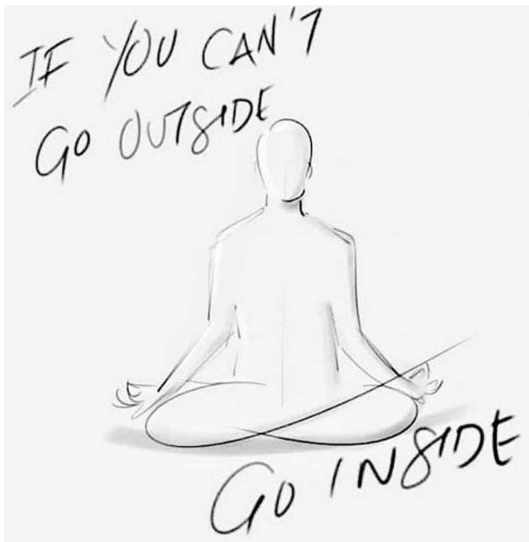


Merry Christmas and Love for the New Year



2024

- Mettaminds will an ATTP Suicide First Aid Training organisations
- Development of two further programmes
- Supporting parents across the network of Family Hubs
- Men's Mental health with The MindKInd Project
- Supporting Mental Health Faith Based strategy with West Midlands Combined Authority
- Expanding our Self Care offer through retreats and workshops.
- Our focus will be 'the body' and somatic therapies.

Thank you for all your support

A few highlights of 2023 below:

- Over 200 hours of Tai Chi Qi Gong Delivery
- 240+ beneficiaries worked with Mettaminds
- 350+ children took part in our Qi Gong workshops
- 4 exciting new partnerships commenced
- Our base at The Orchard Pavillion, Walsall Arboretum and our new 'Meditation Bell Tent'

Sharing our work with you

3 Self Care retreats took place, supporting 30 people, focusing on self care and the breath.

Partnering with some amazing organisations, including Rose Tinted Financial, The MindKind Projects and Plasma of Hope.

Supporting LIFE with their Gynecological Mood Disorder research days.

The Partnership with JobCentre Plus, supporting their claimants with Mental health and wellbeing has continued to grow, and was further funded by Walsall Public Health.

Thank you to the NHS Recovery College for their belief in the Open Wellbeing programme and Tai chi. We have now delivered in 5 terms.

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