

FIRST
PERSON
PROJECT

C.I.C.

PEOPLE'S POST

Community Opportunities for July

First Person Project is a not-for-profit social enterprise. As a community interest company, we are on a social mission to support and promote empowerment in communities across the Liverpool City Region, improving mental health through socially progressive change

Fill Your Cup

Healthy Neighbours

Look Ahead

Community Cuppa

Resilient Minds

The Pride Project

OPPORTUNITIES

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[@Firstpersonprojectcic](https://www.instagram.com/Firstpersonprojectcic)

WHAT'S GOING ON?

HEALTHY NEIGHBOURS



This 12 month programme works with communities to promote, discuss, and volunteer on passions within the neighbourhood around health, wellbeing, and community. We believe people are full of potential and this is an opportunity for connection when people come together.

LOOK AHEAD



A programme which supports families through socially progressive mental health. Working with the Torus Foundation, we will be recruiting parents, guardians, and people looking after children in the LCR and give them the opportunity to learn more about mental health.

THE PRIDE PROJECT

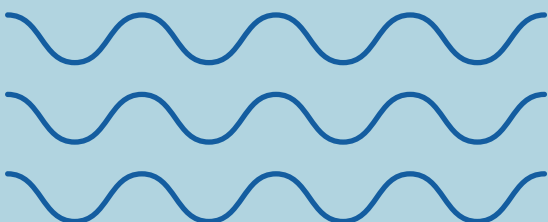


Working with the LGBTQIA+ community this project celebrates identity, sexuality, and self-compassion. Working as a group of volunteers the group will become the leaders of their own project using their skills, experiences, and passions to support the wider LCR.

MENTAL HEALTH DROP IN AND FREE COURSE



A FREE Drop In supporting the wider community. The Mental Health Sessions are based around the Liverpool City Region as well as online and provide a place for people to come and start a conversation on Mental Health.



TIMETABLE

MONDAY

FREE Mental Health & Wellbeing
Course
2pm-4pm

Community Walk
Norris Green (4pm-5pm)

TUESDAY

Fill Your Cup
Mental Health Drop In -
Community Mental Health Hub &
Zoom (10am-12pm)

WEDNESDAY

Community Conversation-
Community Mental Health Hub
(10am-12pm)

Community Walk - Toxteth
(4pm-5pm)

THURSDAY

Daily Challenge !

Stop
Take a breath
Observe
Pull Back
Practice

FRIDAY

Mental Health FREE Drop in +
Mental Health Course
Irene Milson Centre, Kelvin Grove
(9am-1pm)