

# PEOPLES POST

SEPTEMBER 2022

## FIRST PERSON PROJECT

C.I.C.

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

[www.firstpersonprojectcic.co.uk](http://www.firstpersonprojectcic.co.uk)

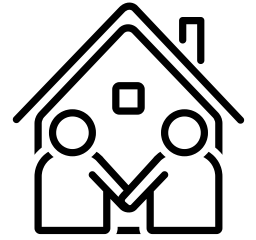
[community@firstpersonprojectcic.co.uk](mailto:community@firstpersonprojectcic.co.uk)

# WHAT IS GOING ON?

*COMMUNITY OPPORTUNITIES MADE WITH, BY  
AND FOR THE PEOPLE .... THESE ARE JUST A  
FEW*

## 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.



## PRIDE PROJECT

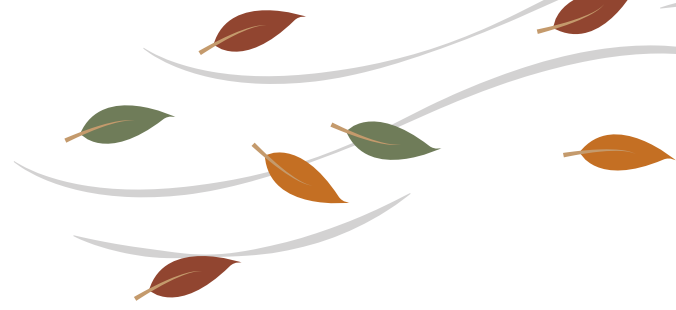
Working with the LGBTQIA+ community this project celebrates identity, sexuality, and self-compassion. Working as a group of volunteers the group will become the leaders of their own project using their skills, experiences, and passions to support the wider LCR.

## BREATHING CLASS

Breathing, meditation and mindfulness class ran each Wednesday by volunteers.

## WRITING GROUP

Creating writing club starting this month led by volunteers.



# STATISTICS

**53**

VOLUNTEERS

**184**

VOLUNTEER  
HOURS








**190**

ENGAGEMENT  
ACTIVITIES



# TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What are your plans for self-growth this week? Join in the conversation with us on social media</p> 	<p><b>Writing Club</b> Community Mental Health Hub, Lodge Lane 11am-1pm</p> 	<p><b>Community Cuppa - just pop in</b> Community Mental Health Hub, Lodge Lane 10am-12pm</p> 	<p><b>Fill Your Cup</b> Mental Health Drop In Community Mental Health Hub, Lodge Lane and Zoom 10am-12pm</p> 	<p><b>Mental Health FREE Drop in &amp; Mental Health Course</b> Irene Milson Centre, Kelvin Grove, Toxteth &amp; Granby 9am-1pm</p>
<p><b>FREE mental health and wellbeing course</b> Norris Green Library 2pm-4pm</p> 	<p>What do you care about in your community? Join in the conversation with us on social media</p>	<p><b>Breathwork session and chat</b> Community Mental Health Hub, Lodge Lane 4:30pm-5:30pm</p>	<p>Tell us what you're proud of - Join in the conversation with us on social media</p>  	<p>What do you have planned this weekend? - Join in the conversation with us on social media</p> 