

Cavendish Wellbeing

Working with you to support the positive wellbeing of your team and the local community.

in support of **cavendish
cancer
care**

Who and how we help:

- **Free of charge** support to South Yorkshire, North Nottinghamshire and North East Derbyshire
- **1:1 and group sessions**
- In person at our Tim Pryor Centre or virtual support
- **Online nutrition and wellbeing courses**
- Self paced learning and downloads

1900+

People supported each year

3 → 95

Age range of people we support



1/3

Of people we support are carers, family members and friends

97%

Report an improvement in overall quality of life following our support

How we are able to help the community:

Statutory funding keeps us running for just 2 weeks, partnering with local companies and individuals ensures our doors stay open for the next person that needs us.

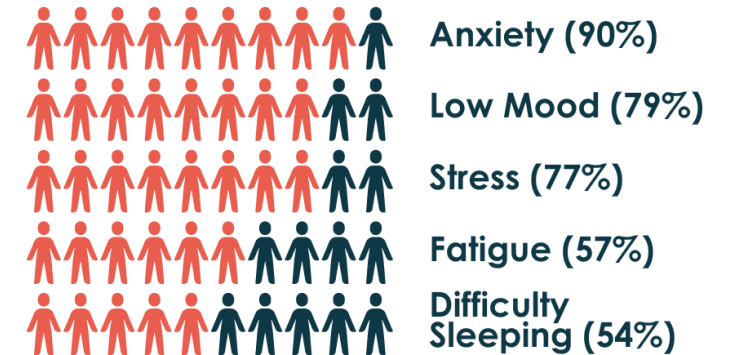
Who we are

And the impact we have

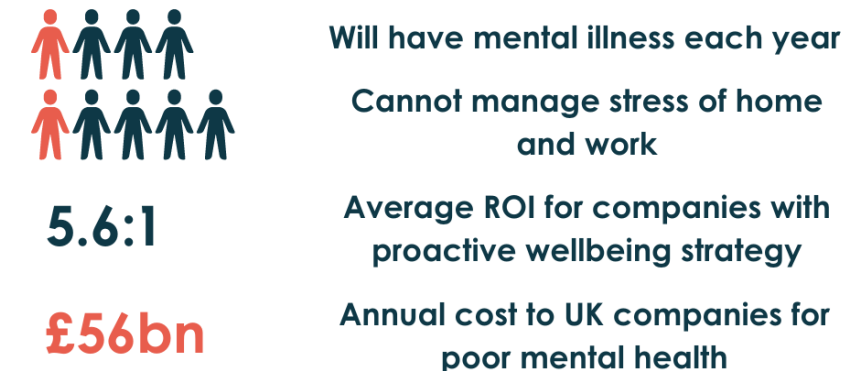
Our impact on the community:

For **over 30 years** we have supported people **through difficult times** and with **long term wellbeing**.

The top problems we see and support:



The key areas where we strive to help local companies:



5.6:1

£56bn

Let's Talk About You

- We understand that every organisation is unique and has different needs when it comes to wellbeing.
- At Cavendish we focus on the individual, non-judgemental and human approach. We enjoy tailoring our courses to best resonate with your team and creating bespoke content using our combined expertise.
- We also recognise that a live one off session may not suit all. Like you, our aim is to reach as many of your team as possible with easily accessible content. So we offer a range of different delivery options; live, virtual, pre-recorded, all with access to an online platform of supporting resources.
- We can also arrange interactive sessions with our therapists including mindful breathing, yoga and body based therapy, as well as physical and mental health screenings.



Focus Talk Subject Ideas

We can provide focus talks on a range of subjects to best meet the trigger points and areas of interest for your team including:

- Improving Sleep
- Understanding and Managing Stress
- Burnout: Spotting signs & reducing risk
- Everyday Mindfulness
- Building and Breaking Habits
- 5 Ways to Wellbeing
- Rise & Shine Morning Routine
- Eating Well on a budget
- Improving Health and Productivity by Eating Well
- Food and Mood



45min talks live at your site

£525 / talk

Includes donation to Cavendish Cancer care

Health Talks

Encourage your team members to take a proactive approach to their health with our talks:

Women's Health

- Perimenopause & Menopause, Menstrual Health, Cancers affecting women, Heart Disease, Diabetes, Mental Health.

Men's Health covering:

- The importance of Men MOT, Cancers affecting men, Testosterone, Heart Disease, Diabetes, Mental Health & Suicide.

These talks will introduce knowledge and tips to look after yourself and spot signs, along with space for reflection and conversation.



60min talks live at your site

£675 / talk

Equates to funding ~ 24 hours of therapy

Mental Health First Aid

With 1 in 4 people in the UK experiencing a mental illness each year, employers are actively encouraged to have mental health first aiders in place. Mental Health First Aid can help:

- Raise awareness of mental illness
- Encourage early intervention
- Reduce stigma

Our instructor Julie can provide the below MHFA England accredited training courses:

- 2 Day Mental Health First Aider £350pp
- 1 Day Mental Health Champion £235pp
- ½ Day Mental Health Awareness £150pp
- ½ Day Mental Health Refresher £150pp

 [You can read more about our MHFA courses here](#)



Can be delivered in person or online. Group offers for private sessions.
Certificates provided upon course completion.
Includes donation to Cavendish Cancer care

Let's Talk About Training

Raising personal awareness and focusing on long term positive wellbeing.

Let's talk about **Cancer, Rest, Nutrition, Mindful Living, Caring for You, Support, Stress, and Grief.**

Gain science based knowledge; take time to self reflect; learn and implement simple techniques.

Online supportive resources included to download for all courses.

Each course available as recorded content to reach your busy and displaced teams.

Bespoke options available.

 [You can read more about our different training courses here](#)



90 -120min live or virtual courses
£995 course(funds 35hrs of therapy)

Recorded Subscription to 1 course for 3
months £1995 (funds 70hrs of therapy)
Bespoke options available.

Let's Talk About Your Bespoke Platform

Subscription to online platform bespoke to your company with personalised branding, feedback and content.

Monthly Subscription includes all “Let’s Talk About..” training sessions pre-recorded in short videos, along with downloadable, audio and video resources.

Let’s talk about **Cancer, Rest, Nutrition, Mindful Living, Caring for You, Support, Stress, and Grief.**

- Short videos make wellbeing accessible at work, at home and on the go.
- Proactively build individual toolkits
- Easy to focus on what you need, when you need it
- Bespoke content created to respond to your team’s challenges and interests.
- Signpost to further help and company benefits



Monthly Subscription to all content with personalisation. 6 month min contract. £795 a month which funds 28hrs a month

Check out the demo online platform [here.](#)



Menopause Talks

Menopausal women is the largest growing demographic in the workplace. 3 in 5 feel their symptoms have a negative impact on their work, with 1 in 4 considering leaving their jobs.

We offer a range of talks on Menopause to support your team:

- Menopause Awareness : Supporting Yourself
- Menopause Awareness: Supporting Others
- Menopause & Nutrition: Predicting future health risks
- Menopause & Nutrition: Managing Symptoms

These talks will provide you with knowledge and techniques along with space for reflection and conversation.



60min talks live at your site
£675 / talk

Includes donation to Cavendish Cancer care

Guided Group Sessions

Bringing in a fun and social element while practicing wellbeing activities, these interactive group sessions could be a great introduction to positive health for your team.

Our therapist Toby can offer the below options:

- Chair Yoga – simple stretches while in your chair with great health benefits. Easy to repeat while at your desk.
- Laughter Yoga – promoting fun, endorphin release and improved connections with colleagues while stretching
- Mindful Breathing – helping to bring calm, reduce worries and bring clarity with easy exercises to bring into daily life.
- Guided Relaxation /Yoga Nidra / Non Sleep Deep Rest – reduce symptoms of stress and encourage improved rest
- Relaxation techniques to help reduce stress and overwhelm



~30min sessions live at your site or virtual.
From £350 / session
Includes donation to Cavendish Cancer care

Want to work with us?

Let's Talk.

Chloe Angus

C.Angus@cavcare.org.uk

0114 275 4070

Working with you to support the positive wellbeing of your team and the local community.

in support of **cavendish
cancer
care**