

An FNF Merseyside Presentation

## **WRAP (Wellness Recovery Action Plan) Programme**

Presented by Bob Knowles of Wirral MIND

### **“FIGHTING FIT!”**

“You can’t always change what’s out there ...  
but you can change what’s in here!”

FNF Merseyside Branch invites you to attend a day workshop conducted by BOB KNOWLES of WIRRAL MIND. Bob will be presenting the WRAP Programme, which helps individuals experiencing stress arising from life events to improve their well-being and take control of their lives. (Several of our members have taken part in a WRAP workshop and have highly recommended it).

DATE: Sunday, 24<sup>th</sup> January, 2010

TIME: 9.30 (coffee) for 10am start, until 4pm

VENUE: FNF Liverpool Centre, Gostins Building  
32-36 Hanover Street Liverpool L1 4LN  
(tel: 0300 0300 548 for directions)

DETAILS: Lunch, refreshments and stationery will be provided.

COST: There is no charge for the workshop.

---

Please enter your details below, if you would like  
to attend, and email this document to:

[Marjorie.Stirzaker@fnf.org.uk](mailto:Marjorie.Stirzaker@fnf.org.uk)

and copy it to

[Colin.Price@fnf.org.uk](mailto:Colin.Price@fnf.org.uk)

I should like to attend the WRAP workshop on 24<sup>th</sup> January 2010

Name:

Branch:

---