



NEWSLETTER

The Wellbeing Story

Oct 2026

www.lifestorycoachbyjenni.co.uk

Your monthly update from Life Story Creative Wellbeing

WHAT'S BEEN HAPPENING

It's been a busy few weeks!

From networking and visiting organisations to launching Coffee & Connect Evening Café, I've had great conversations, met new people and created opportunities for connection, community and creative wellbeing.



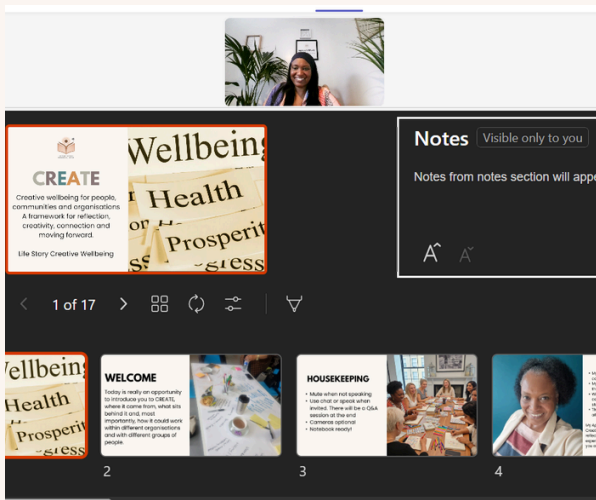
The Launch of ☕ Coffee & Connect 🔗 Evening Café

A brilliant first Coffee & Connect evening, with conversations, stories, laughter and new connections. We were also joined by Adam Heard from LoveBrum, who shared more about the charity we're supporting and how people can get involved.

One attendee shared how loneliness can feel and how there simply aren't enough spaces like this. That really stayed with me.

Our first evening reminded me why spaces like this matter. A relaxed space to connect, with a little giving back too. ☕💕

→ Find out about our next Coffee & Connect



CREATE

Creative wellbeing through creativity, conversation and connection.

For individuals

Space to pause, reflect, explore and consider what comes next.

For organisations & education

Creative wellbeing workshops, programmes and tailored sessions designed around the people you support.

CREATE continues to grow

Last month, I met with Julie Janko from The Active Wellbeing Society and Chantell Marler from Forward Carers. I'm now finalising a bespoke CREATE programme with Forward Carers.

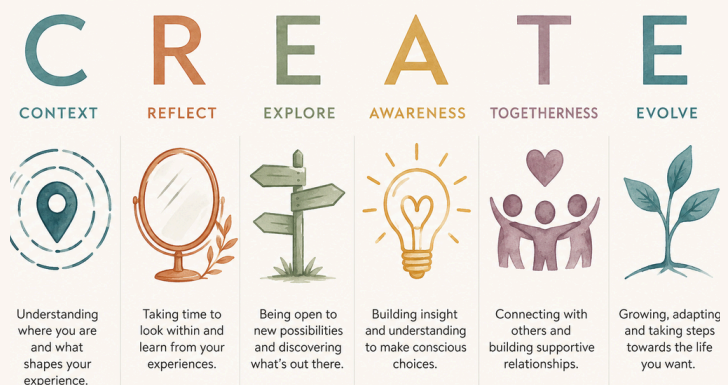
I'll also be starting my CREATE workshops at Grounded Cafe in Selly Oak on 15 October.

Alongside this, I hosted another CREATE Framework Information Session, joined by Mencap and The Hub Hazelwell. We had some really interesting discussions around evolving communities, the needs of the people they support and gaps that currently exist.

There are now more meetings to arrange as CREATE continues to develop through conversations with different organisations and communities.

The next online CREATE Information Session is 4 November.

[Find out more about CREATE and register to join the monthly information session→](#)





CONNECTION & WHAT'S NEXT

The Life Lounge

The Life Lounge is our WhatsApp community for creative and holistic wellbeing. It's a space to connect with others, discover events, share ideas and have conversations around the things that matter in everyday life.

There are group chats, regular posts and opportunities to get involved, whether you're looking for connection, creativity, support or simply a space to be yourself.

→ [Join the Life Lounge:](#)

Coffee & Connect | 5 Nov

A relaxed way to come together, meet new people and enjoy good conversation over coffee.

Coffee & Connect is about creating space to connect, have a chat and spend time with others, while also supporting charities doing valuable work in our communities. Our next Coffee & Connect is in November.

→ [Book here](#)

CREATE Framework Information Session | 4 Nov

For organisations and education settings wanting to find out more. → [Register here](#)



A MOMENT TO REFLECT

What would you like to experience, explore or change this month?

LET'S CONNECT | Individual support • CREATE • Workshops • Partnerships

→ [Get in touch](#)