



NEWSLETTER

The Power of Giving Back

July 2026

www.lifestorycoachbyjenni.co.uk

Welcome to this month's update. Here's what's been happening and what's coming up.

Why Creative Life Skills for Wellbeing

Life teaches us lessons every day. Some we recognise. Others take a little longer to understand.

Creative Life Skills for Wellbeing offers space to pause, explore experiences through creativity, and discover practical ways to move forward. You don't need to think of yourself as creative. Just be willing to try something different.

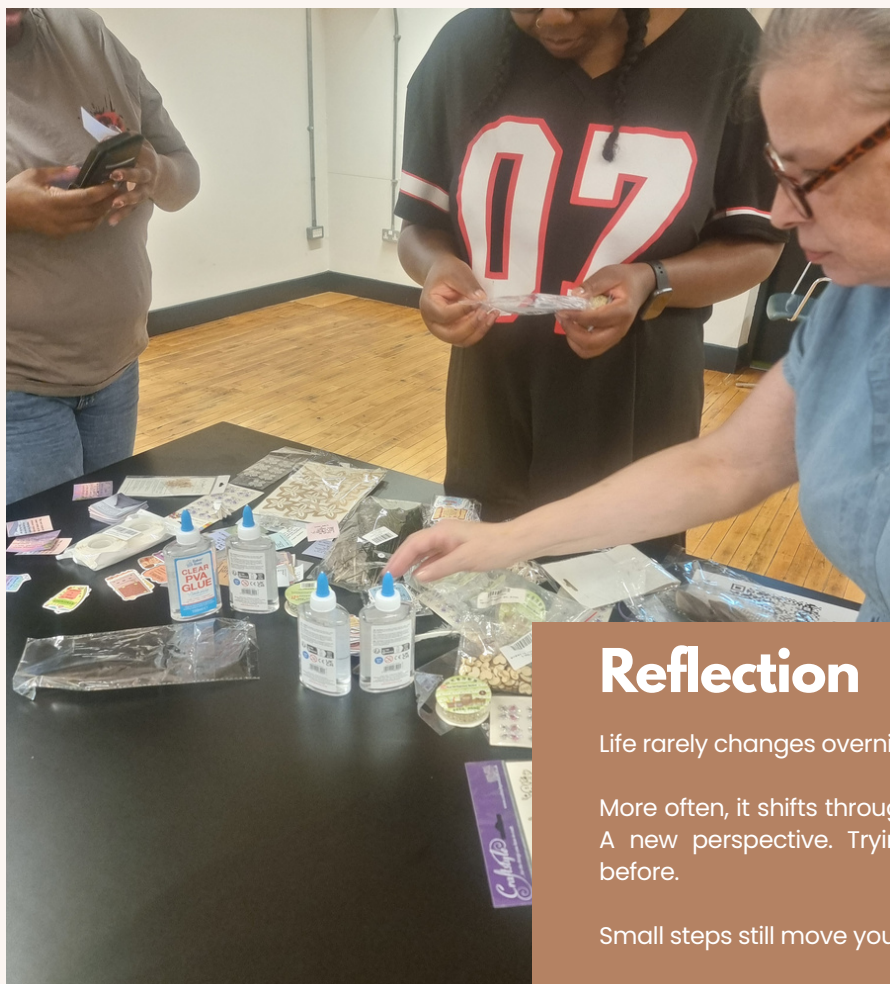


Healing Arts Workshop

A huge thank you to everyone who came along to the Healing Arts Workshop.

It was wonderful to see people trying new creative activities, sharing ideas and supporting one another. Every workshop reminds me that creativity isn't about producing something perfect. It's another way of exploring our experiences and making sense of them.

Thank you to everyone who shared their thoughts afterwards. Your feedback helps shape future sessions.



Reflection

Life rarely changes overnight.

More often, it shifts through small moments. A conversation. A new perspective. Trying something you've never done before.

Small steps still move you forward.

Every life story has context

Tel: 0121 838 4131



Connecting with Organisations

One of my aims this year is to visit a different organisation each week.

Every visit is a chance to learn about the work already happening in our communities, meet passionate people and explore where Creative Life Skills for Wellbeing could add value. Strong communities are built through relationships, and those relationships start with conversations.

This month's visit: Community Foundation

Community Foundation is a grassroots voluntary organisation supporting people in inner-city communities to improve their lives by creating opportunities that build confidence, skills and independence. Working with many people from deprived areas, including those with English as a second language, they provide ESOL classes, volunteering opportunities, work experience, job placements and nursery services to help people integrate into society and reach their full potential. Like many community organisations, securing funding and reaching those who need support remain ongoing challenges. They value partnerships built on trust, shared values, empathy, knowledge and adaptability, believing these qualities create stronger, more sustainable outcomes for the communities they serve.



Coming Up

Creative life Skills for Wellbeing

Thursday 23 July | 7.00 pm | Online

Changing Seasons | Navigating Menopause and Midlife

A 2-Part Wellbeing Experience
19 Aug 2026, 17:30 – 02 Sept 2026

Sip & Play | Mid Summer Check-in

Where Social Meets Wellbeing
127 Aug 2026, 17:30 – 02 Sept 2026