



NEWSLETTER

The Wellbeing Story

Sept 2026

www.lifestorycoachbyjenni.co.uk

Your monthly update from Life Story Creative Wellbeing

WHAT'S BEEN HAPPENING

A lot has been happening...

The past few weeks have been busy as I continue developing CREATE, connecting with organisations and creating new ways for people to explore their wellbeing through creativity, conversation and connection.



SIP & PLAY | 27 AUGUST

A great evening of playing, chatting and reflecting. The Christmas Edition coming soon. *Details will be available shortly.*

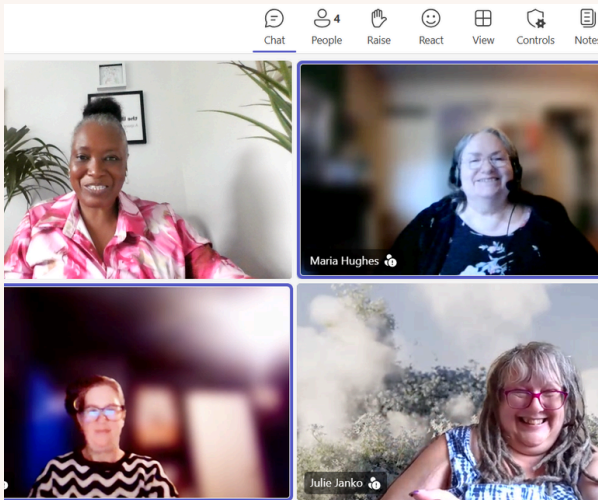
Apparently, waiting three months for the next one was far too long! So I have introduced Connect & Coffee so that we stay connected.



Coffee & Connect Meetup

Our new informal meetup, Feel Seen * Feel Heard * Stay Connected. Asaay Studios, Newhall Street B3 1SJ | 1st October | 6.30pm

→ Find out about 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 is growing

This month I hosted a CREATE Framework Information Session for organisations interested in exploring how creative wellbeing could complement the support they already provide.

I was joined by representatives from The Active Wellbeing Society, Forward Carers and Birmingham LGBT, who were able to explore CREATE and consider how it could fit within their own organisations and the people they support.

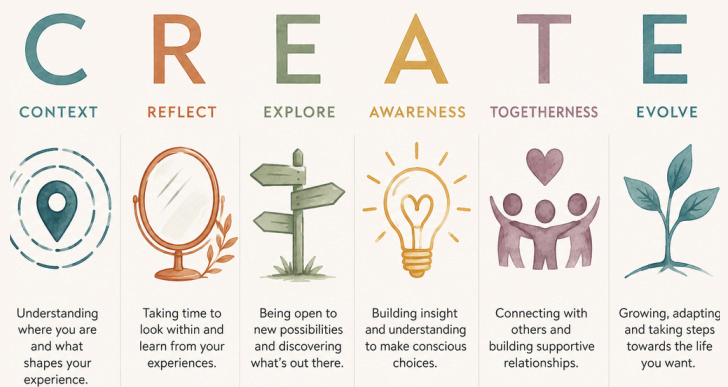
The conversations were really encouraging, and I'll now be arranging visits to learn more about each organisation and explore potential partnerships, workshops and delivery opportunities.

CREATE can be adapted for different settings and groups, including community organisations and education settings.

Interested in CREATE?

The next CREATE Framework Information Session takes place on 7 October.

[Find out more about CREATE →](#)





CONNECTION & WHAT'S NEXT

Wellbeing Connect

I'm meeting organisations across Birmingham to understand their work and explore where creative wellbeing could fit. This Month I have visited Grounded Jewellery Quarter & Selly Oak and the Haven Coffee House, Great Barr.

→ Get in touch to arrange a visit and potential partnership working.
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Coffee & Connect | 1 Oct

A more informal way to meet between our quarterly Sip & Play events.

Come along for a coffee, a chat and a chance to pause for a while. There'll be simple prompts to get conversations started, but no pressure to share or take part.

Our first Coffee & Connect is coming in October. → [Book here](#)



CREATE Framework Information Session | 7 Oct

For organisations and education settings wanting to find out more.

→ [Register here](#)

A MOMENT TO REFLECT

What have you been hearing lately that you might need to pay more attention to?
Sometimes the clues are already there.

LET'S CONNECT | Individual support • CREATE • Workshops • Partnerships
→ Get in touch