



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 brilliant evening of playing, chatting and reflecting, with plenty of laughter along the way. The Christmas Edition is coming soon, with details available shortly.

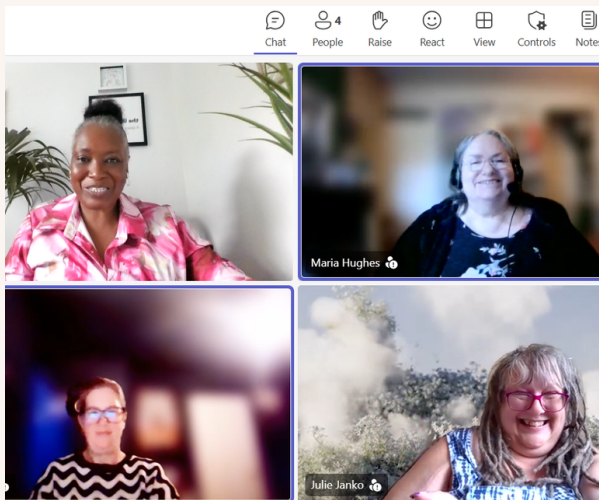
Apparently, waiting three months for the next one was far too long! So I have introduced Connect & Coffee so that we stay connected.



Coffee & Connect Meetup

Our new informal meetup. Come for the coffee, connect with others, and help support our chosen charity. Assay 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 explored CREATE and considered how it could work within their organisations and for the people they support.

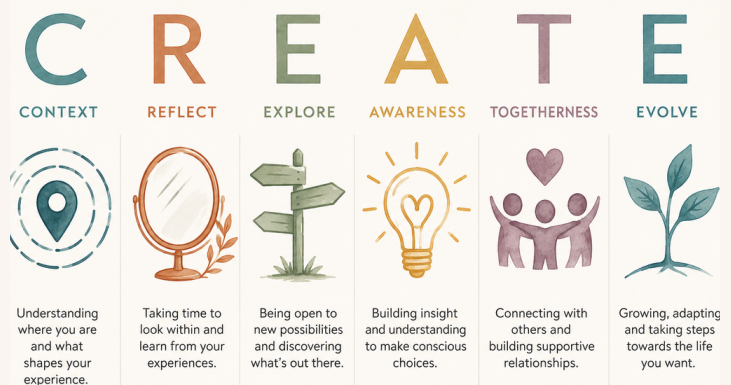
The conversations were really encouraging, and I'm now visiting each organisation to understand more about their work, listen to what they need and explore potential partnerships, workshops and delivery opportunities.

CREATE continues to evolve through these conversations, making sure it works across different settings and groups.

Interested in CREATE?

The next 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, listen, and explore where creative wellbeing could fit. This month I visited Grounded Jewellery Quarter & Selly Oak and Haven Coffee House, Great Barr, with more conversations already underway.

→ 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.

Coffee & Connect brings people together over coffee, conversation and connection, while supporting charities doing valuable work in our communities.

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