



## Health Awareness Workshops

### Hands Inc. – Linking Hands Across the Community



Hands Inc. grew from grass roots work with community groups working towards improving health and tackling health inequalities.

We welcome enquiries from groups working to engage their local community such as and schools, colleges, play schemes, community groups, local authorities, plus other health organisations and professionals.

Holistic Health Solutions offer a range of intrinsic benefits to enhance physical, mental and emotional wellbeing.

We make our activities accessible to all levels of ability by ensuring they are fun, practical and experiential. We believe this is the best way to help participants retain knowledge and integrate the experience into their daily lives.

We evaluate and monitor our services to ensure we are meeting the needs of our service users, clients and Hands Inc.'s operational aims.

The following workshops are currently available. Please [contact us](#) should you wish to discuss your individual needs.

- Art Therapy
- Stress Management
- Relaxation and Creative Visualisation
- Therapeutic Massage
- Clothed Massage
- DIY Massage
- Family Massage Workshops
- Body Awareness for Children
- Exercise Classes
- Yoga
- Qi Gong (Chi Gung)
- Food for Health
- Drumming



#### [Art Therapy](#)

You don't have to have a creative bone in your body to do art therapy, as the emphasis is on the process and not the product. Art materials are used as a creative tool for exploring self expression, emotions, bullying, stress management, change and many other issues. Suitable for all ages, group work, team building, project development and more.

Watch our short film which demonstrates the work we have done in schools and what the pupils had to say about the project.

#### [Stress Management](#)

This can be offered as a one-off session or as a series of workshops. The emphasis is on exploring practical and fun ways of managing stress. Sessions are tailor made to suit individuals and organisational development.

Some of the issues covered are:

- Good, bad and ugly stress
- What is stress and what causes it
- How life events can affect stress levels
- Ways of reducing stress

### [Relaxation and Creative Visualisation](#)

Explore ways of encouraging the body to relax and unwind, through the aid of visualisation, music, movement, massage and group discussion. A great stress buster.

### [Therapeutic Massage](#)

The emphasis for this group is on creating a safe environment where participants will learn to give and receive an oiled massage. Some items of clothing will need to be removed, but only the area being worked on will be exposed at any given time.



### [Clothed Massage](#)

Learn some basic massage techniques working through clothing. Participants will work on themselves and with other members of the group. Suitable for all ages.

### [DIY Massage](#)

Fed up with asking for a massage and never getting one? This workshop will demonstrate practical and fun ways of massaging yourself. No clothing need be removed.

### [Family Massage Workshops](#)

Learn fun and basic massage skills and body awareness with members of your family. Helping to promote appropriate touch, bonding, trust and respect within family groups. Movement and relaxation techniques will also be incorporated.

### [Body Awareness for Children](#)

Creative and fun workshop using massage, movement, music, art, photography and relaxation for children between 4-6 and 7-10. These mediums are used to encourage exploration of body image and self esteem.

### [Exercise Classes](#)

Fun and relaxed exercise classes to help maintain fitness and suppleness. Classes can be designed to fit the group's need.



### [Yoga](#)

An ancient form of bodywork which develops postural alignment, flexibility, suppleness and breath work to awaken the mind body and soul. Suitable for all ages.

### [Qi Gong \(Chi Gung\)](#)

Qi Gong works with the body's subtle energies using rhythmic movements and exercises that work the whole body internally and externally. Helps to improve sense of well-being, flexibility, balance, posture, alertness and coordination. Suitable for all ages and abilities.

### [Food for Health](#)

The emphasis is on practical and cost effective ways of managing a healthy diet. Issues covered include:

- What is healthy eating?
- Looking at food and nutrition holistically
- Exploring existing knowledge and attitudes towards food and nutrition

### [Drumming](#)

Drumming is used as a tool to explore creative expression, communication, listening skills, team building, coordination, mutual respect and more. Example of uses: with stroke clients who need to rebuild their coordination skills, for teaching children listening and cooperation skills. Suitable for all ages and abilities.