

Sparks

supporting people and communities

Crisis

Emergency food, fuel support.
Access to phones and laptops.
Benefits support.
Mental health and suicide prevention.

One to one appointments.
Health and wellbeing.
Budgeting and finances.
Goal setting and aspirations.

Coaching

Connections

Group sessions:
Crafting, beach therapy / walking.
Baby groups.

One to one appointments.
In house trainee counsellors.
BACP and UKCP registered.

Counselling

Careers

Career advice.
Courses, training and volunteering.
CV and job search.

www.sparksproject.co.uk  Sparks project

Contact via Messenger, WhatsApp Email: info@sparksproject.co.uk

Michelle 07701356900 or **Glenda** 07701356909

Nicky 07874638558 or **Zoe** 07874638564 or **Lisa** 07840702119

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**Volunteers
wanted
Get in touch!**

Mondays to Fridays

**Crisis support, life coaching,
counselling, careers.
9am - 4pm**

Tuesdays

**Crafting
Eastfield Scout Hut
10am - 12noon**

**Baby group
Wreyfield Drive Church
1pm - 3pm**

Wednesdays

**Crafting
Wreyfield Drive
Church
10am - 12noon**

**Baby group
SCF - Elim Church,
Castle Rd
1pm - 3pm**

Thursdays

**Baby group
Eastfield Scout Hut
1pm - 3pm**

Fridays

**Walking / beach therapy
Meet at Gallows Close
10.00am - 12noon**

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