



What people have already said...

“The sessions helped me to look at my own interests, my choices and goals. Also learning to plan ahead“.

“The main benefit of attending these sessions was getting up & out, also meeting people“.

“The benefits of the sessions were learning and finding out about future possibilities“.

“I found most sessions helpful, and it was interesting to know what other people thought about different things”

“The sessions were very good and helpful. The weeks passed very quickly. I am glad I went on the course”.

“Each topic has been equally valuable”



2008 Dates

Summer term: 14th May-16th July 2008

Autumn term: 8th Oct - 10th Dec 2008

For more information contact:

Miny Solar
Cambridge Mental Health
Resource Centre
47-51 Norfolk Street Cambridge
CB1 2LD
Tel: 01223 359561
miny.solar@cambsmh.nhs.uk

Cambridgeshire and Peterborough 
Mental Health Partnership NHS Trust



Exploring Choices

[Formerly known as BITE]

All sessions run on Wednesdays
from 11.00 a.m. to 1.00 p.m.

These workshops are a
supportive forum that will
help you to consider
future options

Cambridge Mental Health
Resource Centre
47-51 Norfolk Street Cambridge
CB1 2LD



Sessions

Led by

Dates

1. Introductory Session	Resource Centre	14th May 08
2. Well Being	Resource Centre	21st May 08
3. Making a Change	Resource Centre	28th May 08
4. Education & Training	CRC & Adult Learning	4th June 08
5. Access to Websites	Resource Centre	11th June 08
6. Volunteering & Time Bank	Red2Green	18th June 08
7. Choices & Opportunities	Richmond Fellowship	25th June 08
8. Visit	tba	2nd July 08
9. Managing Finances	Job Centre Plus	9th July 08
10. Action Planning	Resource Centre	16th July 08
11. Review	Resource Centre	3rd Sept. 08

- An opportunity to look at issues that might stop you making changes
- Discover the opportunities that are available for you in education, training, volunteering or work
- Pursue positive and achievable goals that are meaningful to you
- Help you to make informed choices about your future