

## Who are we?

Karis Neighbour Scheme is a small charity working in the community to offer support and friendship to those who need it the most.

We want to support people in need; to come alongside them, be a good neighbour, and in really practical ways, help them through whatever hardships they're facing.

If you'd like to find out more about Karis Neighbour Scheme in general or the All Being Well project in particular feel free to get in touch.

Our contact details are on the back of this leaflet. You could also look on our website for more information. Or, if you'd like to, you can just drop in to see us.

Our office is usually open throughout the week and we'd be happy to offer you a cup of tea, sit down and explain a bit more about what we do.

**Opening hours: 9:00am—4:30pm  
Monday—Friday**



# Contact Us



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Karis Neighbour Scheme is a registered charity, charity no. 1133510  
Karis Neighbour Scheme is a company, company no. 06595341



All Being Well



Offering practical support, friendship and advocacy in the local community, through volunteers.

# What's the idea?

All Being Well is a project which is helping to improve well-being in our community.

We help support local people to overcome emotional difficulties in their lives and encourage them to keep on growing and learning as well.

By helping people make healthy life choices about their needs we hope to prevent these difficulties from becoming more serious.

Tackling these problems early can help prevent them leading to mental ill-health. Hopefully this will have a big positive impact on our local community.

The project is being developed through consultation with local people and we're wanting to respond to people's needs in what we're doing and the help we offer.

We're not here to compete with or replace any existing services and as we grow we want to make sure we're complementing care locally and working alongside other services.

We run groups and courses looking at different issues. We also offer one-to-one support where necessary.

Currently we're looking at issues including:

Overcoming depression

Reducing stress & anxiety

Dealing with anger

Improving relationships

Confidence & self-esteem

Building social skills

Alongside these we're running other groups such as knitting, arts & crafts and horticulture to engage people in positive, constructive activities.

We also offer regular lunches for people who've been on one of our courses to encourage them to continue in the steps they've taken and to get further support.

# What do we do?

# Who can we help?

We are focusing mainly on people living in Ladywood & North Edgbaston.

If you're struggling with depression, anxiety, stress or are finding it difficult to cope with life in general then we may be able to help.

If you think you might benefit from coming to one of our groups or from some one-to-one counselling then do get in touch.

We'll be happy to talk to you about how we may be able to help.

