

Welcome to Welfare!

Are you having a tough time? You're in the right place. Sit, stay and breathe

Not sure what you need? No problem – here are some ideas. We can offer:

Classic Comforts

- ❖ A soft, warm place to lie down
- ❖ A quiet space – we can sit quietly with you too
- ❖ Tea (breakfast and herbal), coffee and biscuits
- ❖ Grounding items (squishies, essential oils and such)
- ❖ Self-serve basic first aid (plasters, ice packs, painkillers etc.)
- ❖ Paper to write, draw or scribble on

Welcoming Welfaeries

- ❖ Warm and non-judgemental company until you feel more settled
- ❖ Listening ears – vent, sob or process (we've got you!)
- ❖ Hugs or no hugs – your personal space respected
- ❖ Reorientation to the here-and-now
- ❖ Help to find your friends or camp
- ❖ Reassurance that whatever you are going through will pass (promise!)

Remember: you are safe, you are seen, and you are not alone.