

safe inside safe outside

For Wellbeing

Emotional Freedom Technique

Acupuncture without the needles!

Tap your way to emotional health!

Learn about....

How past issues can contribute to present problems.

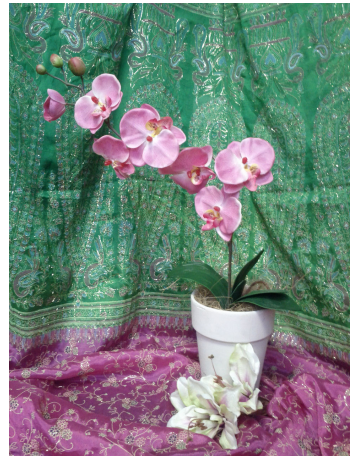
How to clear the energy of past trauma.

How tapping can induce a calm inner environment.

How to deal with everyday fears and even lifelong phobias.

How to use tapping for pain management

How to, in conjunction with Transformational language, create new and empowering choices.

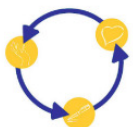


www.s-i-s-o.org.uk

For More Information
Please Contact us on:

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SAFE INSIDE



SAFE OUTSIDE



Leicestershire Partnership 
NHS Trust



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For Wellbeing Green Space Trips

Wellbeing with Nature.

Experience....

Fresh air and relaxation

A day in nature....short local walks

Peace and tranquility.

Information about the importance of water, diet and movement.

Learn about the environment and recycling.

Breathing effectively for calmness.

Tips and techniques for Wellbeing.

Pick up and drop off in SISO vehicle.

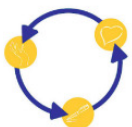


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SAFE OUTSIDE



Leicestershire Partnership

ADVANCE
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NHS
NHS Trust



LOTTERY FUNDED



using

five areas
resources