



NATURAL MANNA®

An Overview of Some of Natural Manna's Activities

About Natural Manna

In addition to the private nutritional and psychological therapy services available Natural Manna's work extends into the wider public, private and social enterprise sectors to support Public Sector initiatives and concerns to improve the physical, social and mental health of the wider UK communities.

Apart from supporting an extensive international private client base Natural Manna works with many Public and Private organisations to develop and deliver 'tailor made' services linked to enabling the organisations' duty of care to their employees' ability to cope with the ever-growing levels of stress, mental health problems and general poor health. Some of the courses delivered to date include:

'Fit4Work and Facilitating Change' courses for Jobstart at Digartref Ynys Mon

'Employability' Training for Future Jobs Fund and Work Programme

Personal Development Training for Serco Welfare to Work Advisors

Consultations for Bush & Co Occupational Therapists/Clients [Disability Rehab Specialists]

Wellbeing/Stress Management workshops at Countryside Council for Wales

Training for b-Eat and b-Eat Cymru Staff, Steering Committee, Volunteers and Carer's

Mental Health First Aid, Nutritional Profiling and Health Checks for Magnox North Sites

Nutrition to support good Mental Health for BCU Health Board's Expert Patient Programme

Food and Mood & Wellbeing Workshops for several organisations supporting Mental Health in Wales - including Hafal, MIND, NEWCIS, Carers Outreach and the Mental Health Foundation

Eating Disorders and Mental Health First Aid Training for Conwy Ffit

Nutritional Profiling and Health Checks for Conwy Ffit

Healthy Eating/Cookery Courses for Plas Cybi Partnership and St Mary's Catholic Church group

Just a few of the services offered by Natural Manna, which can be incorporated to formulate a 'bespoke' course include:

Life Skills - including Time Management, Problem Solving, Positive Thinking, Goal Setting

Stress Management - Facilitation for Change Techniques

Mental Health First Aid Training

Obesity Management through Nutrition/NLP

Stress Management, Wellbeing and Life Skill 'Away Days' for Team Building

A small investment in one of Natural Manna's stress management or mental health courses could pay huge dividends for a private or public company in terms of productivity, reduced absenteeism and general staff morale. For an individual the 'client specific' approach that Natural Manna has always adopted as it's main ethic has enabled full engagement by the client, resulting in optimum success and this method has been carried through into all group work courses.

For further information and to discuss your personal or company's requirements contact Jan Walker via the details below:

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