**This Way Up** is a programme of professional life coaching and stress-reduction techniques for people who feel stuck. It can help you get your life on track if you feel held back by challenging circumstances or difficult past experiences.

This Way Up can help you:

* find your own resources to take charge of your life
* feel confident and well in yourself, so that you can handle stress easily
* plan and make decisions better, so that you can take positive steps towards your goals – like getting into work, training or education; taking up new activities, or making new friendships.

The programme consists of:

* Three one-to-one sessions of **Life Coaching** to help you work out what you want in life and what you can actually do to get there.
* A six-session **Mindfulness** group course which teaches you skills to feel calmer and more positive so you can deal with whatever life throws up.

**Programme dates**

This Way Up is a six-week programme. The life coaching consists of three fortnightly sessions – the first and the last are an hour and a half long, and the second is an hour. The mindfulness group course takes place every week for 1.5 hours.

**The next programmes are:**

1. Weeks commencing 3 June to 8 July

2. Weeks commencing 21 October to 25 Nov

* *Mindfulness course*: six weekly sessions on Tuesdays at 1.00-2.30pm
* *Life coaching slots* (three fortnightly sessions for each client): during the daytime at regular slots for each person

***If you want to ask or discuss anything to do with this programme, you can call us on 020 8983 5036***

**Frequently Asked Questions**

**Who is it for?**

Anyone living in East London on a low income.

**What does it cost?**

This Way Up is FREE for people on a low income living in east London. Please note that participants must be able to cover costs of travel to and from the sessions.

**What will be expected of me?**

We ask that you commit to come to the sessions on time. We will encourage you to be open to the changes that may come about in your life, and to be willing to take steps to move towards your goals. We also ask that you do some small amounts of home ‘practice’ for the mindfulness course, and take part in evaluation of the course.

**Is mindfulness a religious practice?**

No. This Way Up is completely non-religious

**Where is the programme held?**

All the coaching sessions are held in Old Ford Road, Bethnal Green. The mindfulness course also takes place in Bethnal Green, but at a different venue.

**What people say about previous courses**

*“I can't believe the difference this programme has made to my life, my thinking and understanding of myself and life…and all in six weeks!”*

*“This programme has marshalled my thoughts, increased my confidence and re-ignited my motivation.”*

*“This programme helped me to focus on future goals and helped me to look at what’s going on now and how I can think about feeling better about my circumstances.”*

*“I learnt that I can be calm, focused and happier; that I can overcome my problems by realising myself. I now understand myself better.”*

***Application form instructions***

Please tick the relevant boxes and fill out the empty grey text boxes to answer the questions. Either:

1. Type in your answers on a computer and then email it to: thiswayup@qsa.org.uk

2. Print out a blank form and write by hand your answers, then post it to: Applications at This Way Up, QSA, 17 Old Ford Road, Bethnal Green, London E2 9PJ

***If you want to ask or discuss anything to do with this programme, you can call us on 020 8983 5036***

|  |  |
| --- | --- |
| Date of Application: |  |

**Personal Information**

|  |  |
| --- | --- |
| Your name: |  |
|  |
| Address: |  |
|  |
|  |
| Postcode: |  |
|  |
| Phone: |  |
|  |
| Mobile: |  |
|  |
| Email: |  |
|  |
| Date of birth: |  |

**How did you find out about This Way Up?**

|  |
| --- |
|  |

**Programme dates - your availability**

**If you think you might have any problems attending some sessions, please tell us about it here:**

|  |  |
| --- | --- |
|  |  |

**Your health**

|  |  |  |
| --- | --- | --- |
| **Do you have any ongoing health issues?**If so, please give details, including any medication you are currently taking: | Yes [ ]  | No [ ]  |
|  |  |

**Employment**

|  |
| --- |
| **How would you describe your current employment status?**  |
| [ ]  Unemployed – up to 6 months | [ ]  Unemployed – 6 months to 2 years |
| [ ]  Unemployed – 2 years + | [ ]  Self-employed |
| [ ]  Part-time employed | [ ]  Full-time employed |
| [ ]  Student | [ ]  Unable to work due to illness or disability |
| [ ]  Other (please specify) |
|  |  |  |

**Income source**

|  |  |
| --- | --- |
| [ ]  My wages | [ ]  My partner’s wages |
| [ ]  Benefits | [ ]  Other |
| **Are you on a low income?** | Yes [ ]  | No [ ]  |

**Housing situation**

|  |
| --- |
| **How would you describe your current housing situation?**  |
| [ ]  Renting - private | [ ]  Renting – Council or Housing Association |
| [ ]  Living with family | [ ]  Own my home |
| [ ]  Hostel | [ ]  Temporary accommodation |
| [ ]  Other (please specify) |

**Do you have any dependents – if so, please put number(s) below**

|  |  |
| --- | --- |
| [ ]  Children:  | [ ]  Adults: |

**Are you a single parent?**

|  |  |
| --- | --- |
| [ ]  Yes  | [ ]  No |

**What is your first language?**

**About you**

Why are you interested in doing this programme? Are there particular changes you want to make in your life?

|  |  |
| --- | --- |
|  |  |

Which of the following issues might you want to talk about (tick all that apply)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |

|  |  |  |
| --- | --- | --- |
| AREA |  | DESCRIBE as best you can |
| Finances |  |  |
| Work |  |  |
| Learning and skills |  |  |
| General wellbeing |  |  |
| Relationships, family  |  |  |
| Friendships |  |  |
| Other |  |  |

 |

What matters most to you in life?

|  |  |
| --- | --- |
|  |  |

What things would a good friend say that you are good at?

|  |  |
| --- | --- |
|  |  |

What do you find easy in life?

|  |  |
| --- | --- |
|  |  |

What do you find difficult in life?

|  |  |
| --- | --- |
|  |  |

**Please see next page for equal opportunities monitoring**

**Equal opportunities monitoring**

These questions are only needed for statistical purposes. They won’t make any difference to whether we offer you a place on the programme.

**Gender**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Male |  | Female |

**Disability - do you consider yourself to have any disability as defined by the Disability Discrimination Act?** (“a physical or mental impairment which has a substantial and long-term adverse effect on a person’s ability to carry out normal day to day activities”)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | No disability |  | Physical disability |  | Learning disability |
|  | Mental disability |  | Multiple disability |  |
|  |  |  |  |  |  |

**Ethnic Background**

**White**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | British |  | Irish |  | European |
|  | Other (please specify) |  |

**Mixed Race**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | White/Black Caribbean |  | White/Black African |  | White/Asian |
|  | Other (please specify) |  |

**Asian or Asian British**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Indian |  | Pakistani |  | Bangladeshi |
|  | Chinese |  | British |  |  |
|  | Other (please specify) |  |

**Black**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Black Caribbean |  | Black African |  | Black Somali |
|  | Black British |
|  | Other (please specify) |  |

What's the best way for you to get information about This Way Up (e.g. appointments and times of courses, resources or updates about the project)?  (please number in order of preference)

|  |  |
| --- | --- |
| Letter |  |
| Text |  |
| Email |  |
| Website |  |
| Facebook |  |

*The information you give us will be stored securely in accordance with the Data Protection Act 1998 and GDPR*

*We use this information to help us evaluate and improve the services we offer. We never* ***share your information with other organisations.*** *More details of how we process information, your rights, and QSA’s Privacy Policy can be found at* [*www.quakersocialaction.org.uk/privacy-policy*](http://www.quakersocialaction.org.uk/privacy-policy)*. Please ask if you would like a printed copy.*

***Thank you for filling out this application form****.*

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This Way Up is a project of Quaker Social Action, a UK registered charity (1069157) and a company limited by guarantee (3524063) registered at 17 Old Ford Road, Bethnal Green, London E2 9PJ [www.quakersocialaction.com](http://www.quakersocialaction.com)