



We at Jak's World are incredibly grateful for your generous donation to support our ongoing effort to 'Prevent Suicide' by providing free services to the community via our support group, workshop and regular events.

Under our current program called "Hopeful Horizons" we are delivering 8 bi-weekly sessions on Friday. Three of them are completed while five are planned. Please feel free to include any or all information in your publications.

**With the help of kind support and donation of £250, from Michael Josephson, MBE and #MJBALL2024, we have delivered three bi-weekly sessions so far:**

- EFT Tapping with [Kasia Halani](#) and Sound-bath with [Linda from Hope Holistic](#) on 28th February 2025
- Women's circle to mark International Women's Day on 07th March 2025
- Yoga Nidra with [Nicola Wiggins](#) and EFT Tapping with [Kasia Halani](#) on 21st March 2025

Each of these events was very well received by on average twenty participants who found the events engaging, promoting healing and relaxation, recovery from trauma and improved sleep and mental wellbeing. Participants also loved the ability to make new connections, journal takeaway, ability to express their anxieties and find support through mental health and emotional struggles.

We have upcoming events as follows under the same "Hopeful Horizons":

- Friday, April 4, 2025 – Laughter Workshop with Robin
- Friday, April 25, 2025 – Tai Chi with Wan
- Friday, May 09, 2025 – Batuku Cultural Dance/Movement Workshop
- Friday, May 23, 2025 – Gentle Stretching with Marika
- Friday, May 06, 2025 – Men's Only Circle

We deliver these sessions bi-weekly on Fridays at:  
St. Clement's Church, Groves Avenue, Ordsall, M5 3LQ at 7pm.



# JAK'S WORLD

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