



**Email: askus@bilbrookinitiativeshub.org.uk
Tel: 07866 465997 / 01902 276346
www.bilbrookinitiativeshub.org.uk**

Self Soothe Project

Self Soothe Kits help with regulating emotions and feelings, help to lower anxiety or can help to keep the mind busy if feeling lonely or isolated.

They contain variety of sensory based activities which the user can self-select to help with how they are feeling.

They are age appropriate
5-10 years, 11-18years, 18+

If you feel that you or any family members would benefit from trying a kit then please contact us to request one.

You can do this via email

askus@bilbrookinitiativeshub.org.uk

via our Facebook page messenger
Bilbrook Initiatives Hub

or text
07866 465997

There are available to those in the WV8 postcode area.

The self soothe project run by Bilbrook Initiatives Hub is funded by
Doing Our Bit Funding
South Stafford Council Innovation Fund
Medicine Bakery + Kitchen
Codsall Stone and Paving