

D&C DIRECTORY

September 2024 Newsletter



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WEBSITE

Just a gentle reminder that the official D&C [website](#) is now up and running. I am hoping to update it at the end of the year, in order to make it look smarter and more accessible. I am also on the look out for services and organisations to be 'featured' services on the website, and so if this is something you would be interested in, please let me know!

SPOTLIGHT

Last week I met with the amazing founder, and one of the directors of, [Heal Your Confidence CIC](#), [Kassandra](#). We spoke about the mutual challenges we face in this industry, as well as some common ground we share living with neurodiversity. The Heal Your Confidence team specialises in neurodiversity and provide a wide variety of information, talks, and support for people who are neurodiverse.



PODCAST

I was recently invited to do a podcast in collaboration with [Recovery Devon](#) and [WELL RAVER](#) - their first ever podcast in their 'Podcast of Hope' series! You can [listen to the podcast here...](#)





PLYMOUTH REG

Another brilliant project that I am proud to be a part of, Plymouth Mental Health Recovery and Empowerment Group (or Plymouth REG for short) are running two brand new fantastic workshops in the coming months, focusing on grounding yourself and better understanding mental health. You can find out more about REG [here](#), and more about the upcoming workshops [here](#).

NETWORKING

Some exciting news! The amazing Mel from Iridescent Ideas, SHE Connect, and It Takes A Village and I are hosting an [online networking event](#) for social purpose and community individuals & organisations on the 23rd September online, from 7-8.30pm. It's the perfect chance to meet and link in with likeminded individuals and organisations, as well as to find out more about what myself and Mel are doing!

IRIDESCENT IDEAS
Business advice with a different perspective

FEEDBACK

Getting feedback from people is invaluable for the development and progression of the directory, and will ensure that everyone who uses and accesses the directory is getting the most out of it... I would really appreciate it if you could fill out [this 2-minute feedback form](#) 😊



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