

The Monthly Exhale



Room to Breathe
Norfolk

Come in. Have a cuppa. Take a breath.

Welcome to the Monthly Exhale.

Why "The Monthly Exhale"?

Because an exhale is more than just breathing out — it's a moment to pause, reset, and take a breath for yourself.

We want this newsletter to be a space where we can share what we've been doing at Room to Breathe, while also giving you something back in return. Reading, even for just a few minutes, can do wonders for our wellbeing — helping us slow down, reflect, and reconnect.

So alongside our updates and news, you'll also find simple tips, gentle reminders, and ideas to help you create your own moment to breathe.



WE ARE READY TO LAUNCH!

We will be launching our Pop-Up service week commencing 25th May in Swaffham. You can find out more about Pop-Up dates and other exciting new projects and services that we have been working on further in the Newsletter.



THE BREATHING SPACE @ THE PHILOSOPHY ROOMS

We are proud to announce we will be launching "The Breathing Space" @ The Philosophy Rooms down Whitsands Road, Swaffham.

Our proud Partnership provides Swaffham with a permanent "Safe Space" in our community. A place where you can come in, have a cuppa, and take a breath.



FIRST - A BIG THANK YOU!

Firstly, we want to say a HUGE thank you to every one of you that has supported Room to Breathe so far.

We have been overwhelmed with response. From Volunteers that will provide that all important Community Connection, to the Professionals and Partners that are helping Room to Breathe grow, stay safe, and provide that immediate emotional support in our communities that is so needed.

Room to Breathe is each and every single one of you. You are the veins of the service that feed our mission to create a more connected, compassionate and resilient community...



www.roomtobreathe.org.uk



07907 198289

And together, we can, and will do this!

SANCTUARY - COMMUNITY - CONNECTION - CHANGE

COMMUNITY SPOTLIGHT

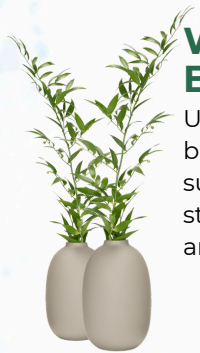
Building a Connected, Compassionate and more Resilient Community - Together



THE BREATHING SPACE @ THE PHILOSOPHY ROOMS

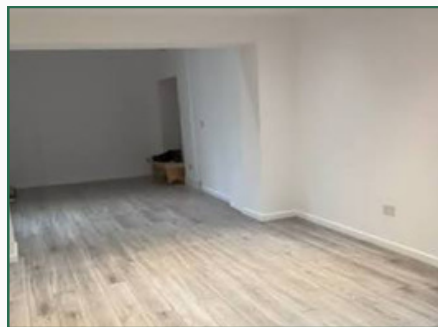
The Philosophy Rooms in Swaffham have kindly provided Room to Breathe with a permanent base to bring “The Breathing Space” to Swaffham. a permanent sanctuary for those feeling overwhelmed, isolated, or just in need of a cuppa and a chat.

READ MORE



WHAT WILL THIS BRING

Utilising these spaces allows us to bring 1:1 space for emotional support sessions, along with their studio space for group wellbeing and mindfulness sessions.



MORE THAN JUST A PARTNERSHIP

This partnership is about far more than simply being given space for a service. As a strong advocate for better mental wellbeing, The Philosophy Rooms is a hub for professional partnerships across health, beauty, and wellbeing — creating a community where people feel supported, connected, and cared for. Together, we share a vision of making wellbeing more accessible, compassionate, and human.

LAUNCH DATE OF THE BREATHING SPACE @ THE PHILOSOPHY ROOMS TO FOLLOW SOON

www.roomtobreathe.org.uk

www.thephilosophyrooms.co.uk

“

Philosophy encourages us to pause and reflect on what it means to be human. Together, The Philosophy Rooms and Room to Breathe are creating a safe and welcoming space where people can connect, feel supported, and take a breath.

”

MORE COMMUNITY NEWS

COMMUNITY POP-UPS



Room to Breathe Pop-Ups @ The Twisted Broomstick

Room to Breathe will be popping up at The Twisted Broomstick from June 2026. We will be utilising the new Healing and Therapy Room.

More than just a Pop-Up

Laura from The Twisted Broomstick will be joining Room to Breathe as an official volunteer. This means that once she has completed the mandatory training, The Twisted Broomstick will become an official authorised Room to Breathe Premises. So whether Room to Breathe are in attendance or not, you can be sure that anybody that needs a friendly trained listening ear will always find it at The Twisted Broomstick.



Why The Twisted Broomstick

The Twisted Broomstick has already become such a well known, and incredible safe space for our Swaffham Community. With natural grounding effects of the gentle scent of incense in the air and the calming presence of crystals, this partnership felt like a natural step to take.



When will this be starting?

Sessions @ The Twisted Broomstick will be starting in June. An accessible route via the side passage way will allow access to the Healing and Therapy Room and you can call or message us via whatsapp on 07907 198289 if you have other needs.



“Tea & Trolley” Coming soon to Waitrose

We have teamed up with Waitrose Swaffham to bring Tea and Trolley - A supportive shopping experience.

If you feel like the shopping aisle is too big, or the world too noisy, Room to Breathe can provide a companion whilst you shop.

Shop on your terms

- Navigate the store with a Room to Breathe Companion.
- Talk and connect with a trained listener - or just walk together.
- A cuppa before, during, or afterwards to ground yourself in the safety of their Community Cafe.

MORE DETAILS TO COME SOON

IN OTHER NEWS

What else have we been up to?



Room to Breathe

Norfolk

Come in. Have a cuppa. Take a breath.

OUR BOARD OF DIRECTORS



DAN HANCOCK
Managing Director

NIKKI YOUNG
Professional Nursing
Director

BEN EDWARDS
Business & Finance
Director

DR. ANAYO UNACHUKWU JOINS OUR BOARD OF DIRECTORS AS PROFESSIONAL MEDICAL DIRECTOR

Dr. Anayo is not only a Consultant Psychiatrist with extensive experience in Crisis and Home Resolution, but he also holds a Master of Laws (LLM) in Medical Law. Dr. Anayo believes that "authentic human connection is the foundation of meaningful support." By combining his professional authority with our community ethos, we are ensuring that Room to Breathe is more than just a place to belong - it is a gold standard for compassionate, professional support.



We believe Strong Governance Builds Trust.

DAN MEETS TERRY JERMY MP

Dan recently met with Terry Jermy MP to discuss our vision whilst highlighting the urgent need for Community-Led Mental Health services, the impact of rural health inequalities, and the vital role of early intervention and preventative healthcare.



Our Board of Directors ensures that our growth is safe, ethical, legally and financially compliant, and community rooted.

OUR STRATEGIC AND SAFEGUARDING BOARD

We have had fantastic interest in external professionals seeking to join our Strategic and Safeguarding board. From DBT Therapists - to Social Workers. We are actively recruiting to this board to bring as much diverse experience and robust support to the table as possible.

This Multidisciplinary oversight matters because it ensures our practices remain exceptionally safe, evidence based, and fully equipped to meet the complex needs of our community.

For those interested in joining our Board, please email us at: contact@roomtobreathe.org.uk

www.roomtobreathe.org.uk



IN IT TOGETHER PARTNERSHIP WORKINGS

BOOSTfit

Boost Fit is coming to Swaffham

We have partnered up with Rainbow Strength and Guidance to bring Boost Fit to Swaffham. A Trauma informed movement class where the only expectation is that you turn up as yourself.

Not your average fitness class

BOOSTfit was originally created by a fitness professional following her own experiences of burnout and poor mental health. It's essentially trauma-informed, accessible movement designed to support both physical and emotional wellbeing.

Combining aerobic dance, combat, strength, and osteopath-developed stretching specifically structured to act as a physical and emotional journey.

They have also partnered up with The Movement Charity to integrate trauma-informed training into their instructor curriculum.



Provided by Rainbow Strength & Guidance



What is Rainbow Strength & Guidance

Rainbow Strength & Guidance is a Life, Career and Fitness Coaching service provided by Ali Graziani. RSG was born from both professional and personal lived experiences within Mental Health and Social care.



Who is Ali?

Ali is an experienced Social Worker who has worked across social care, Mental Health services, and charities. They have also had their own experiences of burnout and mental health struggles.

Through that, they became increasingly aware of how disconnected many people feel from exercise and movement especially those navigating trauma, neurodiversity, low confidence, or simply not feeling safe in traditional fitness spaces.

What makes this BoostFit session different?

We understand even in supportive spaces, things can still feel "too much" that's why Room to Breathe will be in attendance to provide support, grounding, and a calm safe space if needed within the safety of The Philosophy Rooms.

What if I'm still too nervous to attend?

Come and meet us at a Pop-Up first. Things always feel easier with a friendly and trusted face at your side. If you need to build a rapport first to get you through that door, that's exactly what we will do. Then you can attend in the knowledge you will have a familiar, friendly and supportive faces to support you there.

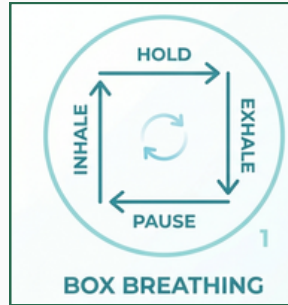
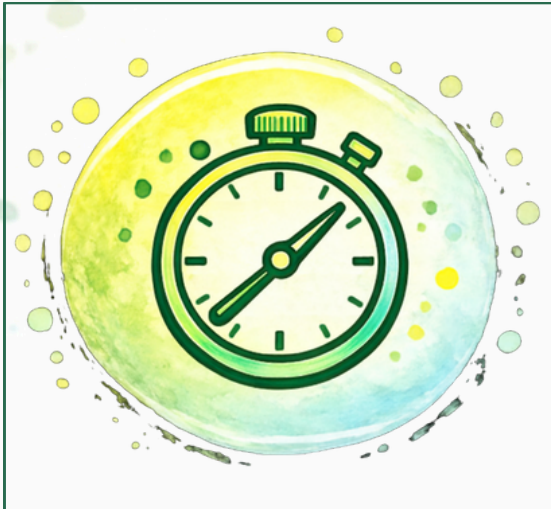
THE FINAL EXHALE

Your Moment To Breathe



Room to Breathe
Norfolk

Come in. Have a cuppa. Take a breath.



BOX BREATHING



GROUNDING



MOVEMENT

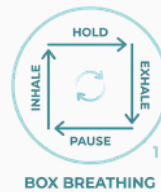
SOMETIMES WE ALL NEED A REMINDER

Taking care of your mental wellbeing doesn't require hours of free time. Here are a few simple, actionable ideas to help remind you to pause, ground yourself, and take a breath throughout your busy week.

THE BOX BREATHING TECHNIQUE

A quick way to reset your nervous system. Try doing this just four times in a row:

- Inhale through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale completely through your mouth for a count of 4.
- Pause and empty your lungs for a count of 4.



BOX BREATHING

THE 5-4-3-2-1 GROUNDING METHOD

When your mind is racing or you feel overwhelmed, stop and notice your surroundings to bring yourself back to the present moment:

- 5 things you can see around you.
- 4 things you can physically touch.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.



GROUNDING

INTENTIONAL MOVEMENT

If you've been sitting or working for a long time, give your body a gentle release:

- Roll your shoulders back and drop them away from your ears (where we hold so much tension!).
- Unclench your jaw and let your tongue rest away from the roof of your mouth.
- Take a 2-minute stretch or a brief step outside to feel the fresh air on your face.



MOVEMENT



You don't have to do it all perfectly. Some days, simply pausing to acknowledge that you are doing your best is enough. If you need a friendly space to just be, remember our doors are opening soon in Swaffham. Come in, have a cuppa, and let us support you.



HOW TO FIND US, SUPPORT US, AND GET THE HELP YOU NEED YOUR ROOM TO BREATHE

Come in. Have a cuppa. Take a breath.

How You Can Help Us Grow

As a new Community Interest Company (CIC), your support means everything to us. You don't have to donate money to make a massive difference.

- **Share the word:** Pass this newsletter on to a friend, family member, or a neighbour who might need a moment to breathe
- **Follow & Engage:** Like and share our posts on Facebook. It helps our updates reach the people who need them most.
- **Join Our Team:** We are always looking for friendly, passionate volunteers to help us run our spaces. Get in touch if you'd like to chat about volunteering



The Breathing Space @ The Philosophy Rooms

Join us 25th & 26th May 10am - 4pm
More dates to be announced soon via our Facebook Page



The Twisted Broomstick

Join us from June 2026
Dates to be announced soon via our Facebook Page



Waitrose Swaffham

Starting June 2026 - Follow our page for launch details of Tea and Trolley at Waitrose



A Gentle Reminder

Our doors will be open to everyone. Whether you are feeling completely overwhelmed, isolated, or literally just want to sit in a quiet room with a hot drink and not talk to anyone at all - you are welcome here. Come as you are.

Need Urgent Support?

Room to Breathe provides community-led wellbeing and emotional support, but we are not a crisis service.

If you or someone you know needs immediate mental health medical attention, please contact:

- NHS First: Call 111 (option 2)
- The Samaritans: Call 116 123 (Free 24/7)
- Emergency: Call 999 if there is immediate danger.