

Blue Monday

Following on from the success of last year's Blue Monday event, some of our staff at Ashley Community Housing attended the Galleries in Bristol on January 18th, to raise awareness about our organisation and the positive resettlement services that we can provide.

Blue Monday is said to be the most depressing day of the year. After Christmas and New Year, January can be a difficult time with bills and broken resolutions. For the vulnerable it is an alarming time when people can feel at their most vulnerable and need to be aware of where they can access the best help and support.

It was a fun packed day for all with quizzes, food and goodies being handed out, as well as being a great network event for companies and organisations within Bristol that are continuously providing a great support to those who need it most.