

WHO AM I?



Wellness Workshops

YOUR COMMUNITY WELLBEING CHAMPION!

Hello, I'm Lorraine – but you can call me Lolly. I'm a Health and Wellbeing Practitioner and the founder of The Well Health Space. I work with local communities to help people feel more confident about their health, understanding how to prevent illness, manage conditions, and work better with their GP or health team.

I started out in the pharmaceutical world, but my path has since evolved. Now I focus on delivering practical, inclusive wellness workshops, especially for those who face barriers to good health. I collaborate with charities, CICs, and community groups to bring these sessions to where they're needed most. My workshops are warm, approachable, and easy to apply to everyday life. It's all about helping people take small, meaningful steps toward better wellbeing.

If you're part of a group or organisation supporting your community's health, I'd love to connect.



LORRAINE FONTAINE BSC MA PGDIP
ANP & UKIHC CERTIFIED HEALTH COACH
EMAIL: LFONTAINE@THEWELLHEALTHSPACE.COM
PHONE: 07713445265
WEBSITE: THEWELLHEALTHSPACE.COM



WHAT I OFFER

Wellness Workshops



UNDERSTANDING DIABETES

A clear and practical introduction to diabetes—what it is, how it affects the body, and simple steps to manage or prevent it. We'll look at everyday choices around food, movement and lifestyle in a way that feels supportive, not overwhelming.

ME & THE MENOPAUSE

A gentle, informative session to help women navigate the menopause with more confidence. We'll explore how nutrition, rest, movement and self-care can make a real difference—and share tips for managing common symptoms and feeling more in control.



MENTAL HEALTH AND NUTRITION

This workshop explores how what we eat can influence how we feel. We'll look at the connection between food and mood, offer realistic ways to support mental wellbeing through diet, and bust a few myths along the way.

ULTRA PROCESS FOODS 101

An easy-to-follow guide to understanding ultra-processed foods—what they are, how to spot them on food labels, and how they impact our health. We'll also share realistic swaps and simple ideas for eating well on a budget.



WHAT I OFFER

Wellness Workshops



SLEEP CLINIC

Struggling to sleep? This session explores common reasons behind poor sleep and offers practical tips to tackle insomnia and restless nights. We'll cover lifestyle tweaks, bedtime habits, and how to create a sleep-friendly routine that actually works.

IMPROVING IMMUNITY IN OLDER AGE

As we age, our immune system needs a bit more support. This workshop looks at simple ways to help keep it strong—through nutrition, movement, rest and small lifestyle changes that are both realistic and effective.



NUTRITION FOR GROWING KIDS

Designed for parents of school-age children (5+), this session breaks down the basics of good nutrition for growing bodies and minds. We'll cover balanced meals, healthy snacks, and how to make food fun without the pressure.

LIVING WITH LONG COVID

This session offers a supportive overview of Long COVID—what we know so far, current approaches that may help, and how to manage symptoms day to day. We'll also talk about mental health, pacing, and where to find trusted support and resources.

