

## July Newsletter



**Greater Manchester  
Mental Health**  
NHS Foundation Trust

### Supporting People in North West Prisons

Read about the the **impactful work** we have been delivering alongside **Greater Manchester Mental Health NHS Trust** across four different prisons in the **North West**.

[Read More](#)

### Congratulations to our Learners in Bolton and Salford!

Intuitive Thinking Skills are proud to be delivering an **Ambassador Service** for the **Achieve partnership** in **Bolton** and **Salford**. It's great to see our students now organising and delivering their own graduation event attended by current and future Ambassadors.



[Read More](#)

### Making a Difference at HMP Styal

In 2004, KW was sentenced to **24 years in prison**. Now in her 19th year at **HMP Styal**, with five years left until her release, KW reflects on the **transformative impact** of the Intuitive Thinking Skills course she recently completed. Initially hesitant to engage with mental health services due to fears of stigmatisation, KW spent her early years in prison concealing her struggles. However, a gradual shift in her mindset and commitment to **self-improvement** led her to embrace fitness and education as tools for personal growth.

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