



Wealthsmith's Wellbeing

Thinking positively about health and wealth

Our world has been turned upside down in the last few weeks. We recognise that in the midst of this uncertainty our primary role is to act as stewards of our clients' wealth and to navigate a way through the storm on their behalf.



However we also know that many are finding this new way of living challenging. We have therefore designed a programme of events to help you stay healthy, provide some light-hearted education and have some fun whilst we find ourselves house-bound.

On the next page you will see the series we have created with experts in a variety of fields, designed to offer something for everyone. Please sign up to any and all that you feel might be relevant to you. Further information on each event is available by clicking on the hyperlinks below. Clicking on the 'REGISTER HERE' links will take you to the Eventbrite website, from which you can register for any number of these events.



Future Leaders Webinar Series



Self-Portrait Masterclass with Eileen Cooper



Mobility and Exercise Class



Virtual Mixology Masterclass



Financial Planning Clinic

Please email sanlamwealth@sanlam.co.uk if you have any questions and we look forward to seeing you at one or more of the sessions.

Future Leaders Webinar Series

Do your children currently have a bit more time on their hands?

Are they fully prepared for the next step in their career?

Would they like some advice from a qualified professional?

This seminar is designed to give sons and daughters guidance, hints and tips in areas relevant to their stage of life. The series will be structured as a programme of four weekly sessions for an hour on Tuesday afternoons and Sandy will present on two topics per week.

There will be the opportunity for interactive Q&A by participants during and at the end of each session and a selection of the topics to be covered can be found on the registration link.



Target Audience: 18 – 25 year olds

Duration: 4 x 1 hour sessions

Time and Date: 14:00 on Tuesdays
14th, 21st, 28th April & 5th May

Hosted by: Sandy Loder, Chief
Executive AH Loder Advisers

Registration Link: [REGISTER HERE](#)

Self-Portrait Masterclass with Eileen Cooper OBE

Do you have an interest in the world of art and the creative process?

Have you ever wanted to watch a professional artist at work?

Do you wonder what sets professional artists apart from the rest of us?

This seminar is for anyone with an interest in art, the industry, or the creative process. Eileen will begin by giving a brief overview of her background in the world of art and how she got to where she is today.

The majority of the session will focus on Eileen as she draws her own self-portrait live on camera. She'll share tips for any budding artists out there and talk through her process as she draws. For anyone who enjoys drawing, she would encourage you to join in alongside her and ask any questions you may have!



Target Audience: Anyone with an interest in art

Duration: 1.5 hours

Time and Date: 14:30 on Thursday
23rd April

Hosted by: Eileen Cooper OBE RA

Registration Link: [REGISTER HERE](#)


Mobility and Exercise Class

Do you want to make more of the great indoors?

Do you want to stay fit and healthy?

Are you struggling to find the motivation to exercise on your own?

Russell will run you through a 45 minute exercise session focused on the three pillars of mobility, stability and strength. With many of us confined to our homes, it's more important than ever to ensure we keep moving and stay healthy both physically and mentally.



Target Audience: 50 – 75 year olds

Duration: 4 x 45 minutes

Time and Date: 10:00 on
Wednesdays 15th, 22nd, 29th April and
6th May

Hosted by: Russell Percy, Personal
Trainer

Registration Link: [REGISTER HERE](#)

Virtual Mixology Masterclass

Do you find yourself longing for the day the pubs and bars reopen?

Do you have cupboards full of strange, mismatched spirits you were given as presents years ago?

Do you want to dust off these bottles and start making some delicious cocktails?

Join us for an exclusive virtual mixology class lead by Joyce and Raissa de Haas, owners of the award-winning premium mixer company, Double Dutch.

Joyce and Raissa will give an overview of their entrepreneurial background before taking you through a number of simple, yet delicious cocktails that you can make at home, as well as showcasing some of their excellent product range.



Target Audience: Anyone who likes a drink!

Duration: 1 hour

Time and Date: 16:00 on Friday 24th April

Hosted by: Joyce and Raissa de Haas

Registration Link: [REGISTER HERE](#)

Financial Planning Clinic

Do you have a financial plan and, what even is that?

How has this been affected by recent events?

How does a financial plan help?

This seminar offers participants the chance to speak freely with a qualified financial planner in any areas that they may be concerned about at the current time. It will discuss why creating a road map which can take into account potential shocks as well as planned expenditure can give you peace of mind and ultimately financial well-being and independence.

The session will be structured to cover a number of key topics that may be of interest to clients and a list of these can be found by clicking the registration link



Target Audience: Anyone (most relevancy for the 40-70 year old age bracket)

Duration: 1 hour

Time and Date: 10:00 on Thursday 16th April

Hosted by: Sarb Chahal, Senior Financial Planner, Sanlam

Registration Link: [REGISTER HERE](#)