
















Wellbeing Service Schedule

<u>Date</u>	<u>Skill</u>	<u>Activity group</u>	<u>Running Session</u>
6/4/2022	  	Last music session at the historic dockyard	Thalia/ Leanne
13/4/2022	   	Tree/flower of life-making a 3D model of this while adding everything important to them, while the leaves/petals represent future plans and goals	Thalia/ Leanne
20/4/2022	   	Continuing the tree of life	Thalia/ Leanne
27/4/2022	   	Continuing the tree of life	Thalia/ Leanne



Be Active



Connect



Take Notice



Give



Keep Learning



Grow your World

We open at 11 am

Activity from 11.30 – 12.30 pm

**Open session at 12.30 – 14.00
pm**