

Wellbeing Service Schedule

<u>Date</u>	<u>Skill</u>	<u>Activity group</u>	<u>Running Session</u>
04/05/2022	   	Last session creating and finishing out tree/flower of life	Thalia/ Leanne
11/05/2022	   	Nature hunt bingo- going out as a group, filling out the bingo sheet while having fun and working as a team	Thalia/ Leanne
18/05/2022	    	We are going back to the historic dockyard to do marble art while doing a music sessions	Thalia/ Leanne
25/05/2022	    	Continuing at the dockyard	Thalia/ Leanne



Be Active



Connect



Take Notice



Give



Keep Learning



Grow your World

Activity from 11.30 – 12.30 pm

**Open session at 12.30 – 14.00
pm**

