




LIFE SKILLS ACTIVITIES & COURSES

Mar 2017 – April 2017

LifeSkills @ St John's RC Church, South Parade	LifeSkills @ Lifeline (Friends Meeting Hse)
<p>MONDAY ART GROUP At St. John's Main Hall 10.45am–12.45pm. Have fun exploring your creativity in our friendly supportive group. A wide range of art materials is provided and no experience necessary.</p> <p>COMPUTER DROP-IN @ St John's, Lifeskills meeting room, 2:00pm-4.00pm. An opportunity to search for a job, write a C.V., answer emails, or hone your computer skills – all with help from our volunteers.</p>	<p>MONDAY ART AND CRAFT TASTERS DROP-IN @ Lifeline 1:30pm-3:30pm Monday afternoons with Jaq.</p>
<p>TUESDAY CREATIVE WRITING  @ St John's, Lifeskills meeting room 11:30am-1:30pm. Exploring different genres, from poetry to short story writing, in a friendly relaxed environment.</p> <p>BOOK GROUP Conversations to inspire. A guided discussion group led by Christine Curtis @ St John's, Lifeskills meeting room 2:00pm -3:00pm. Starts 17th Jan.</p> <p>WELLBEING ACTIVITIES Lifeskills meeting room Indulge in creativity! Music therapy, drumming workshop and a host of fun group activities. See Matt for more information. 3:00pm – 4:30pm</p>	<p>TUESDAY COMPUTER SUPPORT DROP-IN @ Lifeline 1:30pm-3:30pm * Please Note All Lifeline Groups Are Now Held At The Friends Meeting House, York Street, BA1 1NG.</p> <div style="border: 2px solid red; padding: 5px;"> <p>Starting Tuesday 28th March 3pm -4:30pm MENTAL HEALTH RECOVERY TOOLS With Letti Prescott 5 week course on mental health recovery tools. Exploring helpful strategies to aid & support recovery. Contact Matt for more info.</p> </div>
<p>WEDNESDAY WINTER COOKERY Continuing every Wednesday until 29th of March St.John's Main Hall. 10.00am-1.00pm. In partnership with Judith Green from MIND & the Wellbeing College.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Food for Thought</p> </div> <div style="text-align: center;">  <p>Wellbeing College</p> </div> </div> <p>MAKING SENSE OF FAITH – NEW BEGININGS Exploring Faith and the Bible to make sense of the ups and downs of life St. John's Main Hall 1:00pm - 3:00pm.</p> <p>GENESIS CHOIR Formed for people who believe they cannot sing! Is this you? 3:30pm - 4:30pm St. John's Main Hall.</p>	<p>All our courses are free, and are located at St John's RC Church, South Parade, or Lifeline. Contact: Denise or Matt Tel: 01225 463549</p> <p>1:1 MENTORING, MATHS, ENGLISH, IT An opportunity to get one-to-one support and learn some Math's, English or IT skills. You will have 6 x 1hr sessions with a volunteer, at a time that suits you both. Initial referral required to access all Genesis Life Skills courses.</p>
<p>FRIDAY</p> <div style="border: 2px solid red; padding: 5px;"> <p>Starting Friday 28th April RELAXATION, MINDFULNESS & GENTLE EXERCISE. With Yoga instructor Laura Kennedy. 11am-12pm. For all abilities - Contact Matt for info.</p> </div>	<div style="border: 2px solid red; padding: 5px;"> <p>Pre-Registration Required For All Courses Unless Otherwise Stated.</p> </div>