



**WELLBEING  
RECOVERY COURSE**  
STARTING IN JUNE



**COOKERY**  
STARTING IN  
APRIL



**ART FOR WELLBEING**  
AN INTRODUCTION.  
STARTING IN APRIL

## LIFE SKILLS COURSES & ACTIVITIES

MARCH/APRIL 2018

Life Skills, St. John's RC Church, The Old School House,  
South Parade, Bath

### MONDAY

#### **POTTERY WORKSHOPS**

4 weeks. Fully booked, contact us to sign up to a future course.

#### **ART FOR WELLBEING**

**Starts Monday 23rd April (6 week course)**

**NO EXPERIENCE NECESSARY. JUST WILLINGNESS TO HAVE A GO!**

**10:45am - 1:00pm, St. John's Hall**

Improve your wellbeing & confidence through exploring the creative process by making unique & personal art. An introduction to a range of art materials. Voluntary contribution (suggested £2)

#### **COMPUTER DROP-IN**

**2:00pm - 4:00pm, Genesis Meeting Room**

Free access to computers to search for a job, write emails, or use the internet, with help available from our volunteers.

**Pre-Registration  
Required For All  
Courses Unless  
Otherwise Stated.**

Our courses are  
located

**@ St. John's RC  
Church.**

The Old School House,  
South Parade,  
Bath BA2 4AF

### TUESDAY

#### **CREATIVE WRITING**

**11:30am - 1:30pm, Genesis Meeting Room**

Exploring different genres, from poetry to short story writing, in a friendly, relaxed environment.

#### **BOOK GROUP**

**2:00pm - 3:00pm, Genesis Meeting Room**

Conversations to inspire. A guided discussion group led by Christine Curtis.

### WEDNESDAY

#### **SPRING COOKERY COURSE**

**Starts Wednesday 25th April (10 weeks)**

**10:30am - 1pm, St. John's Hall**

Make a hearty lunch using fresh produce. We will cook affordable delicious food & eat together.

#### **MAKING SENSE OF FAITH**

**2:00pm - 4:00pm, Genesis Meeting Room**

Exploring Christian Faith and the Bible to make sense of the ups and downs of life.

### THURSDAY

#### **COFFEE & BOARD GAMES**

**Men's group 5pm - 6:30pm every Thursday.  
Genesis Meeting Room.**

### 1:1 MENTORING MATHS, ENGLISH AND IT

An opportunity to get one-to-one support and learn some Maths, English or IT skills. You will have six 1 hour sessions with a volunteer, at a time that suits you both. Internal referral required to access all Genesis Life Skills courses.