

# GUYS WHO COOK

A free 3-week cookery course for men to equip you with skills and techniques to prepare nutritious & budget-friendly one pot meals.

Best of all? Free stuff!

You'll take home the meals you make each week and after the final session, you'll keep your own slow cooker plus a food prep kit full of utensils so you can keep cooking long after the course ends.

**When:** 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> August

**Where:** Pilling Park Community Hall

**How do I book?** Email [communitywizards@juliansupport.org](mailto:communitywizards@juliansupport.org) or text / phone Sophie on 07824 897094 to register your interest as places will be limited

Click the bottom right of the page – there's more!



# Community Wizards - What's Coming Up!

## Family Music Session

**Wednesday 26<sup>th</sup> August, 10am – 11:30am**

Join us for a relaxed and welcoming family music session. We'll begin with refreshments and a chance to chat before enjoying an hour of music, including well-known songs, simple folk tunes and songs from around the world. All ages welcome.

## Let's Have a Laugh Workshops

**Wednesday 7<sup>th</sup> and 14<sup>th</sup> September, 10am – 11:30am**

Join us for a fun and uplifting session combining deep breathing, gentle movement and laughter exercises designed to boost your mood, reduce stress and improve your overall wellbeing leaving you more relaxed and full of positive energy.

## Rag Making Workshop

**Tuesday 20<sup>th</sup> October , 10am – 12pm**

Give old fabrics a new lease of life in this creative rag crafting workshop. Using unwanted clothes and recycled materials, you'll learn how to transform everyday items into something unique and handmade. All equipment will be provided and yours to take home at the end of the session.

## Adult First Aid or the Community

**Wednesday 28<sup>th</sup> October, 1pm – 2.30pm**

Would you know what to do in an emergency? Led by British Red Cross, join us to learn practical first aid skills, build confidence and gain the knowledge that could help friends, family, and your community or could even one day save a life.

## Christmas Quilling Session

**Thursday 19<sup>th</sup> November, 10am – 12pm**

Discover the beautiful art of paper quilling as Christmas cards and decorations

you create your own handmade or festive keepsakes.

All sessions are completely **free** and held at Pilling Park Community Centre. No previous experience is needed for any session

Contact Sophie to join on **07824 897094** or email [communitywizards@juliansupport.org](mailto:communitywizards@juliansupport.org)

Click the bottom right for more!



# CONFIDENCE CREATIVITY PRESENCE

- ❖ Do you want to discover what's quietly holding your confidence back?
- ❖ Do you want to walk away with tools you can use immediately in everyday life?
- ❖ Do you want to learn practical techniques to command presence in any situation?

## ***Confidence, Creativity and Presence Workshop***

*Sessions led by professional Actor Matti Houghton.*

*With over 30 professional credits she has worked extensively as an actor on both stage and screen.*

**When? COMING SOON!!!**

**Where?** Julian Support Common Room (the building opposite Pilling Park Community Centre), 23 Pilling Park Road, NR1 4PA

**Call or text** Sophie on 07824 897094 or email [communitywizards@juliansupport.org](mailto:communitywizards@juliansupport.org) to register your interest and receive information about dates and times once set

Click the bottom right for more!

