

Community Wizards - What's Coming Up!

Let's Have a Laugh Workshops

Wednesday 7th and 14th October, 10am – 11:30am

Join us for a fun and uplifting session combining deep breathing, gentle yoga movements 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 20th 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 for the Community

Wednesday 28th 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.

Click bottom
right for more!

All sessions are completely **free** and held at Pilling Park Community Centre. No previous experience is needed for any session. Over 18's.

Contact Sophie to join or for more information:
Call / text **07824 897094**
or email
communitywizards@juliansupport.org

What's Coming Up in Winter!

Christmas Quilling Session

Thursday 19th November, 10am – 12pm

Learn how to roll, shape and twist strips of paper to create your own festive designs and decorations. Discover the beautiful art of paper quilling as you create your own handmade Christmas cards and decorations or festive keepsakes.

Christmas Craft Club

Thursday 26th November & Thursday 3rd December

10:30am – 12pm

Get crafty and make a little Christmas magic! Come along to our Christmas Craft Club and spend some time creating your own festive decorations, cards and Christmas goodies. Whether you're a crafting pro or haven't picked up a glue stick since school, everyone is welcome!

Festive Calm

Thursday 10th December

10:30am – 11:30am

Mindfulness for a less stressful festive period

A relaxed session offering simple mindfulness and relaxation techniques to help you slow down, manage stress and make space for yourself during what can be a busy and overwhelming time of year.

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