

MOVE BREATHE UNWIND

Mindful Movement @ Pilling Park

Join us for a free session of a relaxing blend of stretching and mindfulness designed to ease tension and support your overall wellbeing

No experience needed. All equipment provided.
Free Mindfulness Goodie Bag.

Where:

Pilling Park
Community Centre
(side room)

When:

Friday 10th July

Time:

10:30am – 11:30am

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

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: COMING SOON!

Where: Pilling Park Community Hall

How do I book? Email 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!

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 to register your interest and receive information about dates and times once set

