

## Free wellbeing and creative sessions for adults aged 50+



### Wellbeing and creative sessions can:

- help improve mental alertness, memory and concentration.
- promote relaxation, release anxiety and boost our mood.
- create connections with others, be engaging and fun.



Great news! It doesn't matter **whether you are an expert or a beginner: the health benefits will still be the same!**

**Who is this for?** Anyone over the age of 50, no experience necessary, just come along and relax or have some fun, relaxing and being creative with others.

**When:** From August 2023 to January 2024. Come to as many sessions as you like, but please book in advance as places are limited. See the session dates and times overleaf.

**Where:** Parkfield House, 64 Princes Road, Hartshill, ST4 7JL

**Sessions will be led by local wellbeing therapists and artists.**

This project is part of a collaboration between four local charities - the Beth Johnson Foundation, Father Hudson's Care, MHA Communities North Staffordshire and the North Midlands LGBT Older People's Group. Funded by Creative Lives. To contact the organiser of this event – Email: [admin@bjf.org.uk](mailto:admin@bjf.org.uk) Tel: 01782 844036





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Workshop	Date	Time	Places
Hand or Indian head massage	Friday 10 <sup>th</sup> November	10.00 -12.30pm	6
<b>Important Note:</b> if you are currently receiving treatment for any type of cancer please do not register for a massage session.			

Workshop	Date	Time	Places
Flower trinket dishes	Monday 13 <sup>th</sup> November	1.30 – 3.30pm	15
Christmas polymer workshop	Wednesday 22 <sup>nd</sup> November	1.30 – 3.30pm	10
Christmas pottery decorating	Friday 8 <sup>th</sup> December	10 -12pm	15
Christmas polymer workshop	Tuesday 12 <sup>th</sup> December	10.30 -1pm	10
Polymer workshop	Tuesday 16 <sup>th</sup> January	1.30 – 4pm	10

Places are limited and must be booked in advance.

To book your place please

telephone 01782 844036 or email [admin@bjf.org.uk](mailto:admin@bjf.org.uk)