



# Summer Activities

For better mental health

With the support of



## Pocklington 09

1 July	Carol Woodward—Relaxation techniques
8 July	Carol Woodward—Relaxation techniques
15 July	Lyndsay—Talk about different Mind projects
22 July	Rubber stamping—card making
29 July	Gwynne Cartwright—Baytree Services
5 August	Decorated plant pots
19 August	Ann Williams—Red Cross
26 August	Trip to Yorkshire Lavender £4.00
2 September	Ladies pamper afternoon
9 September	Glass painting
16 September	Games on the Wii
23 September	Home made marzipan fruits

All sessions are on Wednesdays 1.30-3.30pm, please contact us if you wish to attend, see overleaf for our contact details.



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