



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND



Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

WELL

CONNECTED



Winter 2020
Timetable

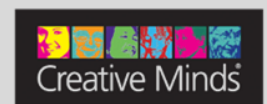
All sessions listed below will be delivered online by either Zoom or Facebook Live. If you would like to attend any of these sessions please email contact@s2r.org.uk to receive the invitation link and more details.

If you are new to S2R, you will need to complete our short application form before joining in with sessions:
www.s2r.org.uk/onlineapplicationform

NAME	TIME	DETAILS
Autumn Wildlife (Facebook Live & Zoom)	Tuesdays starting: 10th November Facebook: 1pm Zoom: 1:30pm	Each week join us on Facebook to learn how to help wildlife this autumn, including making feeders & animal habitats - followed by a Zoom session at 1.30pm.
Autumn Wildflower Planting (Facebook Live & Zoom)	Fridays starting: 13th November Facebook: 1pm Zoom: 1:30pm	Learn about different wildflowers each week, discover the benefits for us and wildlife, as we improve outdoor spaces followed by a Zoom session at 1.30pm.
Wellbeing & Nature (Zoom)	Mondays starting 16th November at 1pm	Enjoy a mindful walk on Zoom, to collect natural materials for different nature crafts & activities
Crafting with Kim (Facebook Live)	Tuesdays 17th & 24th Nov THEN Mondays: 30th Nov, 7th & 14th Dec 2pm - 3pm	Watch these craft sessions from your own home & interact via Facebook Live, using readily available or easily sourced items.
Lonely Arts Club (Zoom)	Tuesdays starting: 17th November 3 - 4 pm	Learn new drawing skills using just a pen or pencil in these weekly creative and interactive Zoom sessions. From drawing funny faces to serious portraits, perspective and still life.
Zumba (Zoom)	Wednesdays, starting: 18th November 10 - 11am	Join us on Zoom for this beginner's version of low impact but high fun Zumba. Wear comfy clothing and flat laced shoes.
Origami (Zoom)	Wednesdays, starting: 18th November 11.30 - 12.30	Learn how to read and understand origami diagrams and use your knowledge to complete a simple piece from the comfort of home!
Crochet (Zoom)	Wednesdays starting: 18th November 4 - 5pm	Learning 1-3 crochet stitches on Zoom to create simple projects that keep you warm and decorate your home this winter!
Chair Yoga (Zoom)	Thursdays starting: 19th November 11am - 12pm	Join this relaxing Chair Yoga session on Zoom, no previous experience needed - wear comfy clothes.
Aromatherapy (Zoom)	4 sessions starting Wednesday 25th November 1 - 2pm	Discover how to replace most of the items in your medicine chest by combining widely available essential oils, look after yourself & your family in a wonderfully fragrant way!



European Union
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