

FREE ACTIVITIES

Embrace your 5 Ways to Wellbeing



Week commencing: 10/08/20

5 WAYS TO WELLBEING - No. 4: CONNECT





- Sessions 8-11 years (11-12pm) and 12-15 years (2:30-3:30pm)
- Have fun with others Book a place quick!
 - Online Fun and Games for 8-11 years Tuesday 11th August
 - Escape Rooms for 12-15 years Can you break out ?!Tuesday 11th August
 - Mindful movements Stretch the body and relax the mind Wednesday 12th August
 - Show and Tell share interesting stories or your favourite object Thursday 13th August

BE CURIOUS BE CREATIVE - 8-11 YRS

Creating Sculpture with Nature

Thursday 13th August at 11-12:30pm or 3-4:30 pi



CALLING ALL TECHIES! 11-16

Try out Digital music making

guided by Makocreate Wednesday 11th August 10am-12



Places limited so book early!

No musical experience needed



PARENTS SUPPORT GROUP

Join our existing group on Wednesdays at 6:30-7:30pm for parental support over a virtual cup of tea. Learn and exchange ways of supporting your child experiencing mental health issues



PARENTS OF 8-12 YEAR OLDS

Guided session on how to support 🚨 your child returning to school

Thursday 13th August 6pm



'Our Visyon' 14+

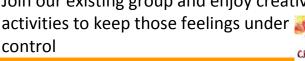
Tuesdays 1pm-2pm

Join our existing group and learn about mental health, how to share your knowledge and skills with others, effective campaign strategies and how to have a voice. Influence what mental health and other support looks like for children and young people

VISYON CREATE – 11-15 YEARS

On Tuesdays at 4:30-5:30 pm

Join our existing group and enjoy creative



FOR MORE DETAILS CHECK OUT OUR WEEKLY PROGRAMMES ON OUR WEBSITE, OR FOLLOW US ON FACEBOOK AND INSTAGRAM @VISYONLTD . TO BOOK A PLACE CONTACT VISYON TEL: 01260 290 000 OR EMAIL ADMINISTRATION@VISYON.ORG.UK & GET BOOKED ON TO ENJOY THE FUN!! PLACES LIMITED



