



## 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 11<sup>th</sup> August
- **Escape Rooms for 12-15 years** Can you break out ?! Tuesday 11<sup>th</sup> August
- **Mindful movements – Stretch the body and relax the mind** - Wednesday 12<sup>th</sup> August
- **Show and Tell** – share interesting stories or your favourite object - Thursday 13<sup>th</sup> August



### BE CURIOUS BE CREATIVE – 8-11 YRS

Creating Sculpture with Nature

Thursday 13<sup>th</sup> August at 11-12:30pm or 3-4:30 pm



### CALLING ALL TECHIES ! 11-16

#### Try out Digital music making

guided by

Makocreate

Wednesday 11<sup>th</sup> August

10am-12

#### Places limited so book early !

No musical experience needed



### PARENTS OF 8-12 YEAR OLDS

Guided session on how to support  
your child returning to school

Thursday 13<sup>th</sup> 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



### 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



### VISION CREATE – 11-15 YEARS

On Tuesdays at 4:30-5:30 pm

Join our existing group and enjoy creative activities to keep those feelings under control



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

