

# WARM WELCOME WEEK



A Space for Everyone



19th - 25th  
Jan



You are always welcome to come in for a warm drink and a sit down

# Activities & Workshops

|                 | Pop ups                                   | AM   | PM   | Afternoon                             |                 |
|-----------------|---|--|--|---------------------------------------|-----------------|
| <b>Mon 19th</b> | Chocolate Tasting with The House of Cocoa | Positivity Jar Workshop<br>10am-11.30am      | Bake Off Workshop<br>12.30pm-2.30pm          | Board Games and Puzzles<br>5pm-7pm    | <b>Mon 19th</b> |
| <b>Tue 20th</b> |   | Message Pebbles Workshop<br>10am-11.30am     | Free-for-all Craft session<br>12.30pm-2.30pm | Bake Sale<br>3.30pm-5.30pm            | <b>Tue 20th</b> |
| <b>Wed 21st</b> | Community Energy Advisors                 | Tea & Talk/<br>Coffee & Chat<br>10am-12pm    | Flower Arranging Workshop<br>1pm-2.30pm      | Wellbeing Community Meetup<br>6pm-8pm | <b>Wed 21st</b> |
| <b>Thu 22nd</b> |   | Clothes Swap<br>10am-12pm                    | Read-a-long<br>1pm-2.30pm                    | Meditation Workshop<br>4pm-5pm        | <b>Thu 22nd</b> |
| <b>Fri 23rd</b> | Chilli Sauce Tasting with Chilli DNA      | Tea & Talk/<br>Coffee & Chat<br>10am-12pm    | Yoga Workshop<br>12.30pm-1.30pm              | Quiz Night<br>7pm-9pm                 | <b>Fri 23rd</b> |
| <b>Sat 24th</b> |   | Viney Adventures Plant Workshop<br>10am-12pm | Care Package & Kindness Cards<br>1pm-3pm     |                                       | <b>Sat 24th</b> |
| <b>Sun 25th</b> |   |  | Board Games<br>11am-4pm                      |                                       | <b>Sun 25th</b> |

# MORE DETAIL ABOUT THE ACTIVITIES...

**Positivity Jars** - Join Katie from Okapi Crafts to create a jar full of positivity quotes for you to enjoy every morning.

**Bake Off** - Join Annalise for a session of decorating cakes - one for you to take home, one for our bake sale!

**Message Pebbles** - Join Elli to create some heartfelt message pebbles and then place them around the town.

**Free-for-all Craft** - Join in with a variety of crafts or bring your own!

**Board Games** - Join Jim for a session with a variety of board games and puzzles for you to enjoy.

**Flower Arranging** - Join Aggie to create a beautiful pot with a dried flower arrangement for you to take home.

**Clothes Swap** - Come along with your unwanted clothes (all ages) to swap with someone else.

**Read-a-long** - Visit us to have a story read to you and your family, hopefully by the author themselves!

**Meditation** - Join Katie for a guided sound meditation and enjoy the relaxing environment for an hour to yourself.

**Quiz Night** - Join us for an exciting quiz night and maybe win a cash prize for you and your team! £4 per person.

**Viney Adventures** - Join Jim to learn about plants and how to look after them, and create something just for you.

**Care Package** - Join Jim for a workshop to create kindness cards and care packages for someone who needs them.

**Wellbeing Community Meetup** - If you're someone who supports better mental health and wellbeing in the community, we'd love to meet you!