

## Creative Courses to Promote Wellbeing for Adult Residents of Greenwich

All sessions are on zoom and you will need a smartphone, tablet or computer with Internet access

Being creative with words and making things with your hands are great ways to help you relax, reduce stress and maintain wellbeing. Join one or more of the courses below and enjoy the benefits, whilst meeting with others and learning a new skill.

### Creative Writing

**Every Tuesday morning 10-12 until 30<sup>th</sup> March**



Have you some memories you want to record, a story to tell, a journal to start, or maybe write a poem or two?

Come and join Amanda, she will help you get started and guide you on your way.

### Crafts for Wellbeing

**Every Thursday morning 10-12 until 25<sup>th</sup> March**



Join Raquel to learn and share new skills and ideas with others in the group. Choose from crocheting, sewing, card making, embroidery, macramé or a craft of your own.



#### Comments from people on the course

“It is nice to meet people that give you new ideas and learn new skills “

“I feel part of this group and get along well with everyone.

### Embroidery for Beginners \*with free starter kit

**Every Friday morning 10-12 from 22<sup>nd</sup> January - 5th March**



Join Sheila and learn some basic embroidery stitches and how to create your own designs that you can use to make beautiful pictures, individualise and embellish clothing and other fabric items to decorate your home and to give as gifts.

**\*The starter kit includes: an embroidery hoop, mixed threads, cotton fabric squares, tracing paper and a needle. It will be sent to you once you've enrolled.**

To book a place or for more details email, call or text

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