



timeout together

Join us for our **FREE** and
friendly monthly
Community Group

**First Wednesday of each month
10.30am - 12.30pm at St Pauls Church,
St Pauls Street, Worcester, WR1 2BH**

- Try one of our 'Creativity for Mindfulness' activities
- Or bring your own project to just be creative in company
- Get to know like minded people
- Enjoy time to indulge in your creativity - we all have it!
- Discover creative ways to improve your wellbeing
- Learn new skills and techniques that you can try at home
- No experience or commitment is needed

Our first session is

Wednesday 5th April, 10.30am - 12.30pm

**We'll be there on the first Wednesday
of each month, same time, same place!**

You can join at any time!

For more information

Call Lorna on 07572 259883

or meet us at the session



timeout

creating space to feel good

testimonials

“ I’ve enjoyed time away from what’s going on in my life by spending a couple of hours losing myself in an activity. Its given me something to look forward to and I’ve even used some of the creative tasks at home. Its inspired me to be more creative and to make time for myself. ”

“ Timeout gets me out of the house, which is a hurdle to overcome. Being amongst other folks who are struggling makes you feel less alone. It helps me to remember how to have a conversation and has upped my social interaction. ”

“ I have learnt how to take time to be mindful with the different things we have been shown, and I’m not sure how but I believe it has helped me gain employment, as during this course I got a job offer. I felt happy with the course and very grateful for the opportunity. ”

“ Since the course has started, I have found this to be very good for my mental well-being. I really enjoyed the course and the activities were enjoyable whilst there was no right or wrong way to complete them. ”

“ I’ve gained a better understanding of self soothing/mindful creative techniques and ideas that I can work on by myself. I can’t think of anything I would change about the course, its great! ”

“ Before I joined, I had suffered many issues with Depression and Anxiety since my teenage years, unable to really join in and make friends easily. With the group that I am in, I am completely at ease with everyone and look forward to our meetings. ”