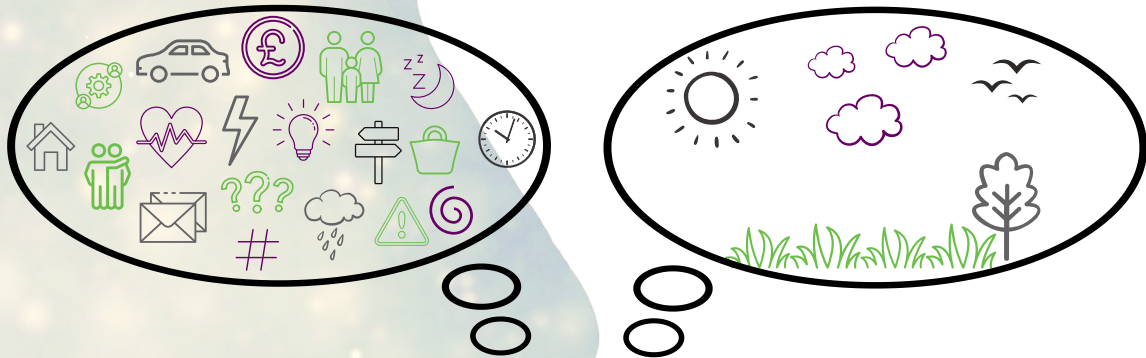


timeout

creating space to feel good

Do you find yourself feeling more



MindFULL **than** Mindful?

Would you like to connect with people in your community?

Our FREE friendly and fun 6 week course can help you:

- Meet new people
- Build your confidence
- Find time away from your thoughts or daily life
- Discover creative ways to improve your wellbeing
- Learn new skills and techniques that you can try at home
- Explore your creativity - everyone has it!
- Feel a sense of achievement

No experience is needed - Booking required

Our 6 Week course

We

at N

**NEW DATES
COMING SOON!**

WR1 2BA

 **ONSIDE**
PASSIONATE ABOUT EQUALITY

To book your place on the next course,
or for more info Call **01905 27525**
or email accesshub@onside-advocacy.org.uk

Plus 
PEOPLE LIKE US





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

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

10.30am - 12.30pm

For more information

Call Lorna on 07572 259883

or meet us at the session



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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. ”