



Wellbeing Inside and Out Group Programme: Spring/Summer 2017

I have re-produced the spring and summer programme, I apologise for any confusion that the previous programme may have caused. There were lots of typographical errors and some information that may have caused confusion! Sue

Wed 17 th May	10.15 Relaxation with Pauline	CRAFTS DAY all about selling	Saturday Group
Friday 19 th May	Quiz		
Wed 24 th May	Ivy Farm (Fully booked) You can be on the cancellation list in the event a space becomes available		Sunday Group
Friday 26 th May	Planning For Festival of Healthy Activities + Possible fun day preparation for a Tombola in Castle Park		
Wed 31 st May	10.15 Relaxation with Pauline	Monthly Challenge: every month those attending groups set themselves a challenge, it doesn't have to be big and it can be fun.	Saturday Group
Friday 2 nd June	Monthly Challenge		
Wed 7 th June	10.15 Relaxation with Pauline	Ivy Farm: If you would like to attend please let us know as spaces have to be booked.	Sunday Group
Friday 9 th June	Festival of Healthy Activities		
Wed 14 th June	10.15 Relaxation with Pauline	Festival of Healthy Activities.	Saturday Group
Friday 16 th June	Picnic in the Park (Bring food to share)10.45- 3pm (dependent on weather)		
Wed 21 st June	10.15 Relaxation with Pauline	Ivy Farm: If you would like to attend please let us know as spaces have to be booked.	Sunday Group
Friday 23 rd June	Preparing for the Tombola Tomorrow at Wivenhoe Regatta		
Wed 28 th June	10.15 Relaxation with Pauline	Festival of Healthy Activities.	Saturday Group
Friday 30 th June	Festival of Healthy Activities.		
Wed 5 th July	10.15 Relaxation with Pauline	Monthly Challenge: every month those attending groups set themselves a challenge, it doesn't have to be big and it can be fun.	Sunday Group
Friday 7 th July	Ivy Farm: If you would like to attend please let us know as spaces have to be booked.		
Wed 12 th July	10.15 Relaxation with Pauline		Saturday Group
Fri 14 th July	Anyone for Tennis? Castle Park fun and games		