

# Art, Craft & Activity Sessions



TUESDAY 19th OCT: Japanese Woodcut & Printing

TUESDAY 16th NOV: Glasswork

TUESDAY 7th DEC: Christmas Decorations & Cards

For anyone who is socially isolated or lonely, who may be suffering from anxiety or depression or other MH issues, or who is a carer and needs a bit of TLC.

Sessions are free, but donations for refreshments will be welcomed, please bring your own lunch.  
Fully accessible for wheelchair users.



South Hill Parish Hall, Golberdon, PL17 7ND

12:00PM - 3:00PM

For further info, please call: 01579 384 798

Or email: [sue@battling-on.com](mailto:sue@battling-on.com)