

Health and wellbeing

Craft, sewing, knitting

Learn machine & hand embroidery techniques by contributing to a group project or work on your own ideas to make, mend or alter items of your choice. There is a £5 contribution for resources per term.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
Sidings Community Centre	Mon	09:30	12:30	23/09/2019	02/12/2019	

Healthy eating

Learn to cook and eat healthy lunches by reducing sugar, salt and fat. Learn to follow a healthy and balanced diet.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
SHELL	Tue	13:00	15:00	17/09/2019	10/12/2019	