

Free creative activities

Free lunch

No need to sign up

To celebrate World Mental Health Day



*Creative activities to
boost self-esteem
and encourage a
positive outlook*

Thursday 10th October

Spider Project @ 10am

THE DAY STARTS AT 10AM MAKING AND DESIGNING A TOTE BAG

FOLLOWED BY A FREE LUNCH AT 12PM

**AT IPM THERE IS AN OPTION TO ATTEND A CREATIVE WRITING
CLASS OR MAKE A ZEN DOLL KEYRING**

**WE WILL FINISH THE DAY AT 3PM WITH A TALK ON
AROMATHERAPY**