

People Matters online activities

Day	Activity	Time	Venue
Tuesday	Storytelling - Join Deyanna and have fun with sharing and telling stories using a variety of methods	11am	Currently hosted on zoom - details will be shared when you register
Wednesday	Mindfulness - Join Elaine to explore ways to relax, stay active, increase motivation and stay calm. Including yoga and meditation	11am	Currently hosted on zoom - details will be shared when you register
Thursday	Craft - Join Laura and get creative. Make a variety of items from Christmas cards and decorations to drawing and mosaics. You will be able to find the items you need around the house or they will be posted to you	11am	Currently hosted on zoom - details will be shared when you register
Friday	Relationships - Join Amy to find out more and take part in discussions about relationships. Friends, professional and intimate. You will need to accept our confidentiality agreement to join this group	11am	Currently hosted on zoom - details will be shared when you register

Contact the office to join

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@PeopleMatterLds



All activities are currently hosted online and are for around 1 hour (when it is safe they will move to the activities room at Barkston House)