



Activities Calendar July, August and September 2019

Activity	Description	Contact	Where/When
Monday Wellbeing Group	<p>During the winter we will be running a weekly women's group designed to support wellbeing during the colder season.</p> <p>Every Monday from 10.30am-12.30pm.</p> <p>Please contact Kitty to become a member and to have a chat about what we offer. Once you have done this, all activities are free and there is no need to book.</p>	<p>email Kitty at kitty.clucas@bht.org.uk or call 01273 929471</p>	<p>Threshold Women's Services Second Floor 27-29 North Street Brighton BN1 1EB</p>
Monday Women's Yoga	<p>Every Monday 1pm – 2pm</p> <p>Come along to our friendly drop-in women's yoga sessions every Monday taught by Sarah Pailthorpe and Leonie Taylor. It is suitable for all abilities including absolute beginners. Mats and equipment will be provided. Please wear comfy clothes that you can stretch in. You do not need to book a session but there is a maximum of ten spaces per class and we will operate on a first come first serve basis.</p> <p>Suggested donation of £3.</p>	<p>Email Sarah at sarah@yogadojo.co.uk or call 01273 929471</p>	<p>Threshold Women's Services Second Floor 27-29 North Street Brighton BN1 1EB</p>

Activity	Description	Contact	Where/When
Art & Chat Drop-in	<p>Come and join us at our popular weekly Art & Chat drop-in at the Cornerstone Community Centre. Every Tuesday from 1pm-3pm.</p> <p>Take part in fun, creative art and crafts based activities in a welcoming and friendly environment. This drop-in is free and open to all women who have an interest in creative activities. No need to book, just pop in on the day.</p> <p>Our service will be changing in October 2019 due to loss of funding. Please email kitty.clucas@bht.org.uk if you would like to be updated on these changes.</p>	<p>email Kitty at kitty.clucas@bht.org.uk or call 01273 929471</p>	<p>Cornerstone Community Centre Church Road Hove BN3 2FL</p>