

ACTIVITIES TIMETABLE

ACTIVITIES ARE FREE UNLESS OTHERWISE STATED

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	1st March MEN @ MEANWOOD (ZOOM) NATURAL CRAFT COURSE (ZOOM) COMMUNITY YOGA (ZOOM) Pay as you feel PEOPLE'S PANTRY GIPTON (ZOOM) GUIDED MEDITATION & RELAXATION (PRE-RECORDED)	8th March MEN @ MEANWOOD (ZOOM) COMMUNITY YOGA (ZOOM) Pay as you feel PEOPLE'S PANTRY GIPTON (ZOOM) GUIDED MEDITATION & RELAXATION (PRE-RECORDED)	15th March MEN @ MEANWOOD (ZOOM) COMMUNITY YOGA (ZOOM) Pay as you feel PEOPLE'S PANTRY GIPTON (ZOOM) GUIDED MEDITATION & RELAXATION (PRE-RECORDED)	22nd March MEN @ MEANWOOD (ZOOM) COMMUNITY YOGA (ZOOM) Pay as you feel PEOPLE'S PANTRY GIPTON (ZOOM) GUIDED MEDITATION & RELAXATION (PRE-RECORDED)
TUE	2nd March GIPTON GROWERS (ZOOM) TAI CHI/QI GONG (ZOOM)	9th March GIPTON GROWERS (ZOOM) TAI CHI/QI GONG (ZOOM) MINDFULNESS COURSE TASTER SESSIONS (ZOOM)	16th March GIPTON GROWERS (ZOOM) TAI CHI/QI GONG (ZOOM)	23rd March GIPTON GROWERS (ZOOM) TAI CHI/QI GONG (ZOOM)
WED	3rd March TEA & CHAT (ZOOM)	10th March TEA & CHAT (ZOOM)	17th March TEA & CHAT (ZOOM)	24th March TEA & CHAT (ZOOM)
THUR	4th March THE OLD FIRE STATION'S CHILDREN'S CHOIR (ZOOM) PEOPLE'S PANTRY GIPTON (ZOOM) SPACE2SING ONLINE (ZOOM)	11th March THE OLD FIRE STATION'S CHILDREN'S CHOIR (ZOOM) PEOPLE'S PANTRY GIPTON (ZOOM) SPACE2SING ONLINE (ZOOM)	18th March THE OLD FIRE STATION'S CHILDREN'S CHOIR (ZOOM) PEOPLE'S PANTRY GIPTON (ZOOM) SPACE2SING ONLINE (ZOOM)	25th March THE OLD FIRE STATION'S CHILDREN'S CHOIR (ZOOM) PEOPLE'S PANTRY GIPTON (ZOOM) SPACE2SING ONLINE (ZOOM)
FRI	5th March PEOPLE POETRY (ZOOM)	12th March PEOPLE POETRY (ZOOM)	19th March PEOPLE POETRY (ZOOM)	26th March PEOPLE POETRY (ZOOM)

SPACE2, WORKING WITH CURRENT GOVERNMENT GUIDELINES REGARDING COVID-19 WILL RESPOND ACCORDINGLY TO ANY NEW LOCAL RESTRICTIONS. THIS MAY AFFECT THE DELIVERY OF FACE-TO-FACE GROUPS AND WE WILL ENDEAVOUR TO MOVE GROUPS ONLINE WHERE APPROPRIATE.

SPACE2

CREATE CHANGE



Please note we cannot work with unaccompanied children. All children must be accompanied by an adult.

If you would like more information please contact Paul Barker or Camille Thomas 0113 320 0159 paulb@space2.org.uk camillet@space2.org.uk

GIPTON GROWERS - TUES 2pm - 3pm (ZOOM)

Chat with fellow garden and growing enthusiasts about all things growing, building, wildlife and the environment in a friendly and welcoming group. Contact Camille camillet@space2.org.uk 07519042680 to book your place

COMMUNITY YOGA - MON 5:30pm - 6:30pm (ZOOM)

Yoga class suitable for every body. Over 16s. Pay-as-you-feel. Contact Camille camillet@space2.org.uk 07519042680 to book your place

TAI CHI/QI GONG - TUES 10am -11am (ZOOM)

Join David for an hour of a gentle exercise inspired by Tai Chi and Qi Gong. No experience needed and suitable for everybody. Wear comfortable clothing. Contact Camille camillet@space2.org.uk 07519042680 to book your place

MINDFULNESS COURSE TASTER SESSIONS

TUES 10AM - 12PM (ZOOM)

9th MARCH
30th MARCH

Learn how to cope with stress using gentle, kind meditations. Great opportunity to meet others, be supported, learn at home. Contact Camille camillet@space2.org.uk 07519042680 to book your place

GUIDED MEDITATION & RELAXATION (PRE-RECORDED)

MONDAY Mornings

Start off your week calm and focussed with a 30 minute pre-recorded guided meditation and relaxation. Available to listen and/or download, sign up to get guided meditation straight to your inbox on a Monday morning! Contact Camille camillet@space2.org.uk 07519042680 for more details

NATURAL CRAFT COURSE - MON 10:30am - 12pm (ZOOM)

Join us on this 4 week course to bring nature into your creativity! Simple and fun activities, creating a different piece of art each week. Materials provided. camillet@space2.org.uk/07519042680 to book your space.

THE OLD FIRE STATION'S CHILDREN'S CHOIR

THURS 3:45pm - 5:15pm (ZOOM)

Children's Community Choir to inspire singing and explore ideas through songwriting. For 8 - 12 Year olds. Face to face places limited please contact jelenaz@space2.org.uk to book a place. Contact Jelena jelenaz@space2.org.uk to book a place

SPACE2SING ONLINE - THURS 3:30pm - 5pm (ZOOM)

Singing together for wellbeing. A chance for adults to sing together and feel good, led by an experienced community choir leader. Contact EmmaJ emmaj@space2.org.uk to book your place.

PEOPLE POETRY - FRI 11am - 12:30pm (ZOOM)

Spark your creativity with conversation, mindfulness, art, games and improvisation. Find your voice, write and explore new themes each month, including identity, the wider world and memories. Contact Natalie natalie@space2.org.uk 07835 906310 to book your place

PEOPLE'S PANTRY GIPTON (ZOOM) - THURS 11am - 12pm (ZOOM)

A closed group for existing volunteers.

MEN @ MEANWOOD - MON 12pm - 2pm (ZOOM)

Chat with other men, play games, have a laugh and find out about other projects and services. Contact Lawrence lawrence@space2.org.uk 07835954742

TEA & CHAT - WED 10am -11am (ZOOM)

Come for a cuppa and a friendly chat and support each other through these difficult times. Contact Jess jessa@space2.org.uk 07734773951 to book your place