



'No Limits' daytime timetable

Wellbeing Wednesday: April - May

Date and time	Activity and venue	Details and cost
<p>Wednesday 17th April</p> <p>10am – 4pm</p>	<p>The Lightbox</p> 	<p>We will be visiting the Lightbox in the morning to get some inspiration to create our own artworks in the afternoon! Please bring a packed lunch and a drink.</p> <p>£40</p>
<p>Wednesday 24th April</p> <p>10am – 4pm</p>	<p>Forest School</p> 	<p>We will be visiting forest school to do some outdoor activities. Please bring a packed lunch and a drink.</p> <p>£40</p>
<p>Wednesday 1st May</p> <p>10am – 4pm</p>	<p>Willow weaving</p> 	<p>We will be designing our new flower bed in the morning and doing a willow weaving workshop in the afternoon. Please bring a packed lunch and a drink.</p> <p>£40</p>
<p>Wednesday 8th May</p> <p>10am – 4pm</p>	<p>Gardening</p> 	<p>We will be heading to Squires to choose our flowers, and then planting them in our Horsell flower bed in the afternoon. Please bring a picnic lunch and a drink.</p> <p>£40</p>
<p>Wednesday 15th May</p> <p>10am – 4pm</p>	<p>Forest Yoga</p> 	<p>We will be heading to Alice Holt for a forest yoga session. Please bring a packed lunch and a drink.</p> <p>£40</p>
<p>Wednesday 22nd May</p> <p>10am – 4pm</p>	<p>Lighthouse Lunch</p> 	<p>We will be walking to the Lighthouse to join their community lunch and then visiting our flower bed in Horsell in the afternoon.</p> <p>£40</p>

