



'No Limits' daytime timetable

Wellbeing Wednesday: Sep – Oct 2024

Date and time	Activity and venue	Details and cost
<p>4th September 10am – 4pm</p>	<p>Gardening</p> 	<p>Morning: LinkAble garden Afternoon: Horsell flower bed Please bring a packed lunch £40</p>
<p>11th September 10am – 4pm</p>	<p>Mindfulness</p> 	<p>Morning: Mindfulness Afternoon: Library visit Please bring a packed lunch £40</p>
<p>18th September 10am – 4pm</p>	<p>Look Out Discovery Centre</p> 	<p>All day: Look Out Centre and park Please bring a packed lunch £40</p>
<p>25th September 10am – 4pm</p>	<p>Dreamcatchers</p> 	<p>Morning: Arts and crafts Afternoon: Willow dreamcatcher workshop Please bring a packed lunch £40</p>
<p>2nd October 10am – 4pm</p>	<p>Forest School</p> 	<p>Morning: Forest School Afternoon: Music and singing Please bring a packed lunch £40</p>
<p>9th October 10am – 4pm</p>	<p>Redhill Exhibition</p> 	<p>All day: Art exhibition to see the Friday group's art project displayed! Please bring a packed lunch £40</p>
<p>16th October 10am – 4pm</p>	<p>Aspiration Tree</p> 	<p>Morning: Team games Afternoon: Make an aspiration tree! Please bring a packed lunch £40</p>
<p>23rd October 10am - 4pm</p>	<p>Lunch and baking</p> 	<p>Morning: Community lunch Afternoon: Make fruity bakes to take home £40</p>

