

# What's on at Space2 in April

**Improve your literacy** **Monday mornings** 1;1 mentoring to improve literacy and support dyslexia, using an innovative system "units of sound" that allows learning at your own pace

**IT drop-in** **Tuesday 11.30-12.30pm** a supported session allowing access to IT.



**Tennis** **Monday at 1pm** enjoy a fun session of tennis with a coach, at the **indoor court at Victoria Park**, equipment is supplied

**Women's crafts** **Wednesday 1.30pm** try your hand at different crafts; sewing, paper crafts, upcycling & more and enjoy a chat & a cup of tea with a friendly all female group.

**Indoor 5-a-side football** **Tuesday 5.30pm** coaching to improve football skills & fitness levels, with 5-a-side games @ **Aquaterra sports & leisure centre, North Parade**

**Bike Maintenance** **Tuesday 9.30am or 1pm** attend a 6 week course to learn how to fix a bike, no experience necessary @ **Bath Bike Workshop, 33 Corn Street**.

**50 Strong** **Wednesday 9.30am** a friendly group of over 50's, different weekly activities chosen & planned by the group, including trips, discussions, art and much more, have fun, increase your self-confidence, health & wellbeing, build life skills whilst reducing isolation.

**Women's crafts** **Wednesday 1.30pm** try your hand at different crafts; sewing, paper crafts, upcycling & more and enjoy a chat & a cup of tea with a friendly all female group.

**Inspirational writing** **Wednesday 1.30pm** a chance to join in discussions, look at writing techniques, play with words and experiment writing your own pieces

**"New Beginning's" – open day and lunch** **Thursday 23rd April 12.30pm** a chance for us to showcase our updated activity programme. Come and meet the staff, volunteers & clients who attend & run groups, mingle and enjoy a FREE lunch

**Creative Inspiration** **Thursday 1.30pm every other week** join creative writer Kathryn, looking at film, theatre, music & more to understand how writers build characters, story lines & perceptions, inspiring the group to build their own and find their voice.

**Holistic therapies** **Thursday mornings** our therapists offer a course of up to 8 weeks of either; hand or foot reflexology, Indian head massage or crystal therapy, by appointment

**Acupuncture & meditation** **Thursday 1pm** auricular acupuncture, using 5 points in the ear with either small pins or magnets to aid relaxation & sleep, help reduce stress & anxiety and help with detoxing from either drugs or alcohol, with a relaxing meditation session.

## Coming soon

**Spoken Word Workshops – with performance poet Rebecca Tantony** – Rebecca offers a fusion of honesty and passion, made to inspire, move and provoke. A tapestry of intricate sounds and bold writing, creating a lyrical conversation which speaks right from the heart.—a 5 week course starting 11th May

**All courses are in Space 2 , 55 New King Street, unless otherwise indicated.**

**Are you interested?** Speak to your support worker to be referred or supported housing at 55 New King Street, tel; 01225 354780 email; [clairel@julianhouse](mailto:clairel@julianhouse)