

A Summer of Creativity and Wellness at Sidings Community Centre



**Sidings
Community
Centre**

Registered Charity No: 212051 Limited company No: 21210101



“Make & Mend” Free Sewing Workshop - Tuesdays 10am to 12:30pm from the June 2nd

Nurture your creativity in friendly sewing workshops with a focus on recycling, redesign and re-use of pre-loved clothing. Refresh or learn sewing techniques to help restore or repurpose pre-loved items. Join these friendly, free workshops with experienced tutor, Sophie.

Free Card-making Workshops

Thursday 11th, 18th, 25th June from 1:30pm to 3:30pm

Make personalised seasonal & celebration cards (Xmas, Birthdays, etc.) using new and recycled materials. Basic materials provided but feel free to bring your old cards to make new ones.



Free Qigong & Mindfulness Classes - Tuesdays from 1pm until 3pm

Combined Session of Qigong & Mindfulness for balance & wellbeing. learn the ancient practice for living well in modern times to help reduce stress & anxiety.

FOR MORE INFO:

Phone: 020 7625 6260

EMAIL: office@sidings.org.uk

**Address: Sidings Community Centre,
150 Brasseley Road, NW6 2BA**