

Wellbeing Activity Programme May 1st 2022 – July 31st 2022

**Monday**  

**Digital Skills 10am – 12.30pm \*\*New for 2022\*\***

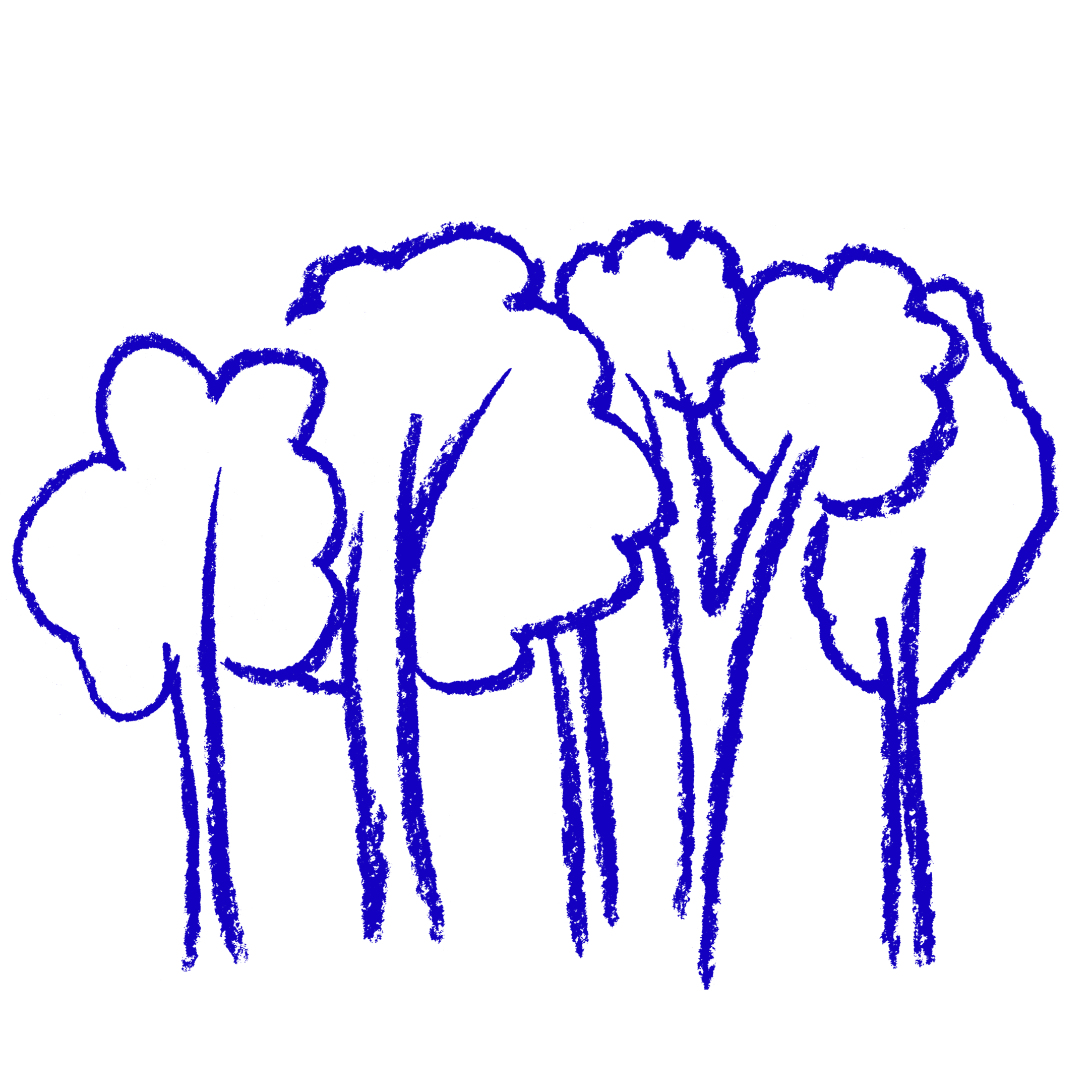
Sign up to a fantastic 8 week course on how to become more confident using IT. Whether you are a beginner or needing to build your confidence to use online services our skilled team will help you achieve your goals!

**Walking Group 11am – 12pm**

Every Monday 11am-12pm meet at Mayfield Nurseries main entrance

**Gardening for Dementia 1-3pm**

Every Monday from 1-3pm we will be working at Mayfield nurseries ‘hands on’ with plants. Feel the benefit of the outdoors and connecting with nature in a supportive environment.

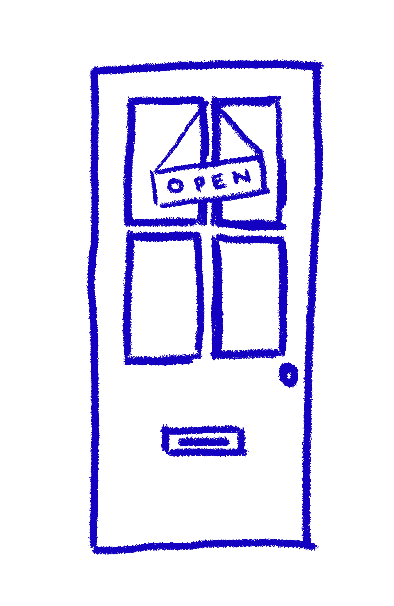
**Tuesday **

**Peer Wellbeing at Mayfield 1pm – 3pm**

Meeting every week at Mayfield to chat and share ideas about staying well mentally.

To sign up for any Mayfield activity please contact the wellbeing team on 02380447743 or email [mfwellbeing@mayfieldnurseries.org.uk](mailto:mfwellbeing@mayfieldnurseries.org.uk)

To find out more about digital skills, please call Simon on 07966474188 or email enquiries@mayfieldnurseries.org.uk

**Thursday **

**Digital Skills 10am – 12.30pm \*\*New for 2022\*\***

Sign up to a fantastic 8 week course on how to become more confident using IT. Whether you are a beginner or needing to build your confidence to use online services our skilled team will help you achieve your goals!

**Recovery Skills Workshops 1.30pm – 3pm**

Please enquire for details on each weeks topic. These workshops are accessible in person, or online via Zoom.

**Wednesday **

**Creativity For Wellbeing 1pm – 3pm**

Every Wednesday 1pm – 3pm join us to explore your creative side

**Friday **

**Gardening for All 10am – 12pm**

Every Friday morning we will be working at Mayfield nurseries ‘hands on’ with plants. Feel the benefit of the outdoors and connecting with nature in a supportive environment. This course runs weekly.

**Digital Drop-In 12.30pm – 3pm \*\*New for 2022\*\***

Every Friday afternoon the digital team will be available to assist you with specific queries on devices ranging from phones to laptops. We can help you with things such as setting up an email address, getting used to social media and using video chat services.