

## MINDFUL MEAL WITH BEEYOU

Fri 16th Jan 6-8pm

Come and join us to discuss mental health and mindfulness in a welcoming, inclusive and non judgemental environment.

We will consider the stresses of the festive season and how we can put in place coping strategies during the new year.

A cold buffet and sweet treats will be provided with thanks to the World Mental Health Day Community Fund, supported by Paramount.

Prebooking and £5 donation required to secure your seat, due to limited spaces. E mail info@beeyousupporthive.co.uk

> Please note venue is upstairs The Hive, Brook Street Mill, SK117AW



## JANUARY DAYTIME SCHEDULE

7th Jan 10-12

**Beaded Bookmarks** 

8th Jan 10-12

Carers Woven Mug Cosy

14th Jan 10-12

**Diamond Painting** 

15th Jan 10-12

**Carers Escape Room** 

21st Jan 10-12

**Magnetic Bag Clips** 

22nd Jan 10-12

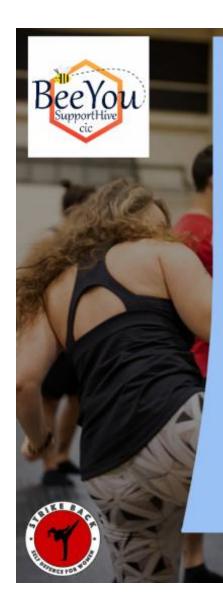
Carers Threaded Valentines Cards

28th Jan 10-2

Drop In Crafty Day- no booking

Prebooking and Prepayment essential apart from Drop In Day. All sessions £5 apart from Drop In Day, please see poster or contact us for further details. Please note venue is upstairs The Hive, Brook Street Mill, Macclesfield, SK10

info@beeyousupporthive.co.uk



## Womens Self Defence Workshop

Thursday 29th January 6.30pm-8.30pm

This empowering 2 hour workshop is designed to teach fundamental self defence skills to women of all fitness levels. No prior experience required!

£5 per person, prebooking and prepayment essential

info@beeyousupporthive.co.uk

The Hive, Brook Street Mill, Macclesfield, SK10 7AW

Please note venue is upstairs

STRIKEBACKSELFDEFENCE.COM