



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@beeyousuppothive.co.uk

Please note venue is
upstairs
The Hive, Brook Street
Mill, SK11 7AW



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
7AP

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