

# OPEN DAY

## FOR MEN'S WELLBEING



### Free Workshops

(upstairs in Bembridge Room – lift access available)

**11.15 – 12.15** Indoor games – new age curling, table tennis, indoor archery

**12.45 – 1.45** Introduction to ‘Lungs of the City’ photography project

**2.00 – 2.45** Music and singing



### Information stalls

Advice Portsmouth, the Carers Centre, Andy's Man Club, Volunteering Together, Positive Minds, Portsmouth City Council (Men's Sheds, cooking groups), Dadz Club, Portsmouth Healthwatch

### Relax and Hang About

Informal activity table with plenty of lego, puzzles and mindful colouring