

The **NEXUS** Project

Summer sessions open to women and men. Children of regular members welcome under parental supervision. Alternative arts activities available each week or bring your own creative project.

Refreshments available.

Tuesdays 11am – 12.30pm	
Buckland United Reformed Church, 174 Kingston Road, PO2 7LP	
Date	Activity
1.8.23	Thread art with Claire Holloway
8.8.23	'Mothers' sewing project with Mandy Webb
15.8.23	'Mothers' sewing project with Mandy Webb
22.8.23	Conversations to support local research into access to health and support services.
29.8.23	Bank holiday week – no session



The Chit Chat Club will be taking a break during August, so our last session will be on Monday 31 July, and we'll start meeting up again on Monday 4 September with our optional exercise activity programme.

Every Monday morning from 10am to 12noon, the ChitChat Club is for those who feel socially isolated or socially anxious and offers a safe space, a warm welcome, and a chance to build confidence and make connections with other people.

Meets in the Clock Café, Buckland United Reformed Church, 174 Kingston Road, PO2 7LP.

Hosted by the Good Mental Health Cooperative
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