



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 at the Community Café in the Buckland United Reformed Church, 174 Kingston Road, PO2 7LP.**

## **Programme of activities**

4 Sept	Cycling without Age – local trips
11 Sept	Chair Pilates with Emily Pilat
18 Sept	Mindful relaxation with Elaine from Wellbeing Within
25 Sept	Chair Pilates with Emily Pilat
2 Oct	Board Games
9 Oct	Chair Pilates with Emily Pilat
<b>Mental Wealth Festival event – Thursday 12 October – Oasis Centre, Upper Arundel Street.</b>	
16 Oct	Craft session with Fiona
23 Oct	Mindful relaxation with Elaine from Wellbeing Within
30 Oct	Chair Pilates with Emily Pilat