



The **NEXUS** Project

CONNECTING WOMEN AND WELLBEING THROUGH CREATIVITY

Autumn Programme 2023

Date	Activity	Facilitator
5.9.21	'Lungs of the City' Wellbeing Walk	Paul Williams and Charlie
12.9.23`	Music and singing	Janet Ayers
19.9.23	Art workshop	Claire Holloway
26.9.23	Mindful Creativity - Neurographic art	Nancy Fellowes, Creatful
3/10/23	Creative brainstorming for mental health	Carolyn Barber
10/10/23	Creative brainstorming for mental health	Carolyn Barber
Thursday 12 October – Mental Wealth Festival event at the Oasis Centre		
17/10/23	Art workshop	Claire Holloway
24/10/23	Group outing tbc	
31/10/23	Lantern making	Anna Potten
7/11/23	Lantern making	Anna Potten
14/11/23	Mini macramé pot hangers	Alice Hume
21/11/23	Mini macramé pot hangers	Alice Hume
28/11/23	Xmas crafting	Nancy Fellowes, Creatful
5/12/23	Art workshop	Claire Holloway
12/12/23	Music and singing + Christmas Lunch	Janet Ayers