

# WEEKLY ACTIVITIES

developmentplus™

## Mentoring Support

Working to support your well-being with 1:1 support.

## Art club

Alternate Thursdays 1 - 3pm Queens park Community Hub.

A wide range of art, craft and heritage crafts delivered in a safe and friendly group session.

## Swim with us\*

Every Wednesday 12 - 1pm Yarbrough Leisure centre. Group swimming and social for all levels of ability. \*charged activity

## Thai Chi

Alternate Wednesdays 1.30 - 3pm Queens park community Hub

## Breakfast Club

Tuesday 10 - 12pm Queens Park community Hub

Tools for well-being, physical activities and mindfulness.

## CONTACT

Clare Bryan - 07958 050898  
or Elliot Yeates - 07944 431776

Email:

[enquiries@developmentplus.org.uk](mailto:enquiries@developmentplus.org.uk)



Abbey Access Training

**Cooking Class** - Join us to cook in a relaxed environment. Tuesday 9:30 - 2pm\*

**Cake Decorating** - Decorate cakes in a relaxed environment. Wednesday 12 - 2pm\*

**Well-being Evening** - Video games, VR, dancing and more. Every other Wednesday, Arboretum Cafe, Lincoln. 6pm - 8pm

**Well-being Workshops** - Small group crafts sessions. Thursday, 12:30 - 2:30pm\*

**Well-being Walk** - free hot drink and a walk around the Arboretum. Thursday, 10am  
**Meet at Arboretum Cafe.**

**Barista Training** - learn how to make different types of hot drinks. Friday, 9:30 am\*

## CONTACT

01522 801556 or email:  
[info@abbeyaccesstraining.co.uk](mailto:info@abbeyaccesstraining.co.uk)

Sessions marked \* are held at St Swithin's Community Centre, Croft Street, Lincoln, LN2 5AZ. Booking required



**Growing and Cooking on a Budget**  
Tuesday and Thursday 12 - 1pm at Hillside Garden.

**Green Wellness Recovery Action Plan (WRAP)** - Wednesday 11 - 12:30pm at Hillside Garden.

**Better Together sessions** - Tuesday and Thursday 1 - 3pm at Hillside Garden.

**Layers of Green** - Wednesday 11 - 12:30pm at Hillside Garden.

**Green Shoots of Wellness men's project**  
Wednesday 1 - 3pm at Hillside Garden.

**Warm Spaces Coffee Morning** -  
Monday 10:30 - 12pm at Green Synergy Office.

**Cuppa, Craft and Chat** - Thursday 1 - 3pm at Green Synergy Office.

## CONTACT

01522533077 or 07833478054  
or email : [info@greensynergy.org.uk](mailto:info@greensynergy.org.uk)