



CONNECT

Mend, Make and Motivate

Days: Wednesdays

Times: 11am-1pm

Location: Online



This group is your time to put aside two hours for arts, craft, making, mending and DIY. Grab a cup of tea and the project you are working on to meet likeminded crafters for inspiration, tips and giggles. Don't know what to bring? Still come along to get the motivation.

Creating is a form of selfcare, it benefits you and those around you. It can help you feel more able to cope with situations. To register for Mend, Make and Motivate, click below:



mindinbexley.org.uk/recovery/

