

Chapter 29 programs are all about connection, creativity, and shared moments that lift you up. Led by caring facilitators with both professional and lived experience, each session is a warm, welcoming space where you can be yourself, have a go, and connect with others.

Come as you are and leave feeling a little lighter, more confident, and part of something special.



### Pieces Of Me Junk Journaling

Using a variety of materials, you will create a unique journal page that captures your thoughts, feelings, and moments that matter. It's not about perfection, but about self-expression and finding connection through shared creativity.



### Colourful Conversations

A gentle coffee and chat group with a mindful twist, supporting mental wellbeing through creativity, conversation and coffee (at own cost). Come along and try a simple mindfulness activity, or just join the conversation.



### Voices of Us

A welcoming, inclusive community choir where every voice matters. Bringing people together through song, creates a shared space for expression, connection, and belonging. No experience is needed – just a willingness to take part.



### Sprinkle and Share

A light-hearted and creative session combining cupcake decorating with meaningful conversation. Enjoy a fun, hands-on activity while connecting with others in a warm and supportive space.



### Shared Stories

An interactive group focused on sharing stories together. You'll be invited to act out moments, and shape narratives as a group. Build confidence, explore self-expression, and connect through creativity.



## Board Games

Join our Friday Night Games group, a relaxed and welcoming evening designed to reduce social isolation, support mental wellbeing, and foster meaningful connections. Relive a game of yesteryear, or come along and learn something new.



## Yarn Time

A relaxed, welcoming space to knit, crochet, and connect. Whether you're a beginner or experienced, it's about slowing down, creating with your hands, and enjoying conversation in good company.



## Chapters

A supportive writing space focused on reflection, expression, and growth. This group offers a gentle way to build confidence, process emotions, and discover your voice in a safe, encouraging environment.



## Crafting Connections

Explore a range of creative activities in a supportive, social setting. From simple crafts to shared projects, it's all about trying something new, expressing yourself, and building connections along the way.



## Culture Club Karaoke

Whether you're singing in your own language or trying something completely new, this program celebrates diversity, builds confidence, and creates a strong sense of belonging through shared experiences and cultural exchange.



## Didn't find what you were looking for?

If you have an idea for a program, we'd love to hear it! Share your suggestions and help shape something meaningful for our community.