



Creative, empowering skills workshops for better mental health.

Workshop & Events Calendar Jan 2021

Workshop / Event	Dates	Day and Time	Venue	Extra Information
Social	4 th , 11 th , 18 th , 25 th	Mondays 4pm-5pm	Online on Zoom, please contact us with your email address to join	Just come and chat! Everyone welcome!
Arts and Crafts Social	8 th , 15 th , 22 nd , 29 th	Fridays 2:30pm-4:30pm	Online on Zoom, please contact us with your email address to join	Please bring your own craft activity or art project to work on during the session. We will have a coffee break half-way through and you can drop in or out as necessary.
Creative Writing Social	10 th , 17 th , 24 th , 31 st	Sundays 2pm-3:30pm	Online on Zoom, please contact us with your email address to join	A new social, this is a gentle introduction to creative writing, no experience necessary! Getting to know each other and doing some easy writing exercises to share if you want to.

Happy New Year Everyone!! We will reopen on 4th Jan 2021
Please contact us if you are interested in becoming a member or a volunteer
Stay Safe over the winter!

Make, Do and Mend © 2020 is a not-for-profit organisation supported by Castle Street Methodist Church, People's Health Trust, John Lewis, Waitrose and Cambridge Rotarians. Company Ltd by Guarantee No. 7506903.

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