

Swale Your Way Virtual activities

MINDFULNESS MONDAY		Coming Soon Mindfulness Sessions Led By JO/Donna/Michael		Emotional Support Phone/text	
TALKING TUESDAY		Virtual Coffee 'N' Catch Up Led by Michael 11am-12.30		Emotional Support Phone/text	
WELLBEING WEDNESDAY		Meditation 10-11am Led by Donna	Creative Writing Led by JO 1pm-2.30	Emotional Support Phone/text	
THRIFTY THURSDAY		Coming Soon Up-cycling projects Led by Donna	Coming Soon Growing Idea's Gardening Projects Led by Mike young	Emotional Support Phone/text	
FEEL GOOD FRIDAY		Virtual Walking Group Led by Donna 11.30-12.30	Coming Soon Virtual Quiz Led by Jo	Emotional Support Phone/text	