

Barnsley Recovery and Wellbeing College

September Newsletter



Craft Workshop Announcements!

Time-Out Tiles

In this workshop we will explore various unique and wonderful quotes and phrases, as well as creating our own, and bring them to life on a ceramic tile.

Wednesday 1st October 1 – 3.30pm



Worry Bead Workshop

In this workshop you will learn how worry beads, the original fidget toy, can help you relax and destress, and make your own to take home.

Tuesday 21st October 1 – 3.30pm



Sawdust Hearts

Join us for a morning of craft, history and wellbeing. In this Workshop you will learn about the history of Sawdust Hearts and explore the therapeutic value of these decorative pincushions and using a variety of materials to make and decorate your own.

Thursday 16th October 10 - 1pm



Secure Your Place, Call Julie on 01226 730 433

95% of people feel more satisfied with their lives after attending the College.