

Hello!

Taking part in creative activities, connecting with others and being active supports your emotional health. Inspiration Works has these free activities over May half-term, in a friendly and supportive environment!

N.B. All sessions are at Inspiration Works, 1- 2 Perry Road, BS1 5BQ. All sessions are for 11 -25 years olds, except yoga (14-25 years).

MAY HALF-TERM AT INSPIRATION WORKS

<u>Tues 29th May</u>	<u>Wed 30th May</u>	<u>Thurs 31st May</u>
Creative Drop-in 12pm - 4pm Come along, relax and be creative, make whatever you want! You can also take part in these workshops:	Creative Drop-in 10am -11.30am Come along, relax and be creative, make whatever you want!	Creative Drop-in 12pm - 4pm Come along, relax and be creative, make whatever you want! You can also take part in these workshops:
12pm - 2pm Join Matt from Avon Wildlife Trust to make nature-inspired bunting for the Festival of Nature in June.	Yoga 4.15pm - 5.30pm A lovely relaxing workshop with Lel. Suitable for absolute beginners and please wear something comfy.	12pm - 2pm Join Steve, Tom and Tom for a 'Planting seeds' session - grow your own plants from scratch!
2pm - 4pm Protest art with Mentality (youth led social action project). Let's produce artwork together as a social movement!.		2pm - 4pm Print your own bag or card with Millie in this fun workshop. Bring a simple design with you or we'll help you make one at the workshop.



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