



# Feel Good Crafts

**Hartcliffe Nursery School & Children's Centre**

**Thurs 1<sup>st</sup> May – 19<sup>th</sup> June '25**  
**9:30 – 11:30am**

**Crafts for wellbeing – Me time!**

**Time for you, come along and get involved making journals, baths salts, coasters, bird feeders & other crafts**

**Contact: Helen Richards**

**Phone: 07760 990 855**

**Eligibility: Free course for adults 19+ with no or low qualifications**