

Monday Matters community session

The session offer, Arts and Crafts, Cooking, Gardening, Physical activities including dance. The group supports one another to overcome barriers of isolation, mental health and helps create confidence. The group plan activities every 6 weeks to ensure all attendees have the opportunity to engage and learn new skills.

For those aged 17 years +

Last updated: February 9, 2024

Organiser: St Anthony's Youth Education and Support (The Bostey)

Useful Organisations

St Anthony's Youth Education and Support (The Bostey)

Email: s.davidson@bostey.org.uk

Telephone: 0191234 7844