# Moving together

Moving Together is a fortnightly workshop that uses movement, togetherness and food as tools for improving mental health.

A welcoming space for women who are refugee or asylum experienced, and/or women of the Global Majority. Share time with community through movement, creativity, conversation, mehndi, gentle care practices, and delicious food.

The session is free, with food and refreshments provided. Travel costs covered up to £6. Interpreters will be available.

For questions or support, contact: community@companyofothers.org.uk

Last updated: September 22, 2026