

OTR

INSPIRATION WORKS

OCTOBER HALF-TERM PROGRAMME

Taking part in creative activities, connecting with others and being active supports your emotional health. Inspiration Works from OTR hosts these free activities over the October half term, in a friendly and supportive environment!

All sessions are at Inspiration Works (1-2 Perry Road, BS1 5BQ) unless otherwise stated.

All sessions are for 11-25 years olds, except yoga (14-25).

TUESDAY 30TH OCTOBER

1- 4pm

Creative drop-in

An opportunity to get creative and make whatever you want! Including an optional workshop at 2- 4pm with Pete from Creators Club. You'll be part of a supportive group to explore your creative side! There'll be a mix of fun creative activities and advice on working in the creative industries. Learn and be inspired!

WEDNESDAY 31ST OCTOBER

10am to 11.30am

Creative drop-in

An opportunity to get creative and make whatever you want!

11.30am to 1.30pm

Blackout poetry workshop

Create your own poetry from newspapers and magazine with Zinnia

3- 4pm

Meditation workshop with Gemma

Try out meditation to calm yourself in a busy world

4.15-5.30pm

Yoga session with Lel

Wear something comfortable, beginners welcome - take some time for yourself and just turn up!

THURSDAY 1ST NOVEMBER

1-4pm

Creative drop-in, an opportunity to get creative and make whatever you want! Including an optional workshop at 2-4pm with Yoli - an illustration workshop using creative techniques to express how you feel