



CREATIVE OPTIONS

COMMUNITY PROJECT
Registered charity no. 1169194

**Member-led Charity
offering Training,
mentoring
And support**

Knit and Relax

**A new group combining stitching,
friendship and relaxation for anyone
living with a mental health problem**

**Alternate Thursdays 2:30 - 4:30pm
Central Baptist Church
Starts 14.1.2016**



For more information:

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**£1.50 towards room hire,
Includes tea and biscuits/cake**

