

Wellbeing Courses April - June 2026



<p>Stitching Our Stories Monday 2nd Mar, 12.30-2.30pm x 4 wks</p>  <p>Stitching Our Stories is a gentle, creative introduction to personal storytelling through hand-stitching and fabric collage. The course encourages curiosity, confidence and connection. No sewing experience is needed, only a willingness to explore and begin!</p>	<p>Tai Chi for Relaxation Wednesday 4th Mar, 12.30–2.30pm x 5 wks</p>  <p>This is a series of Tai Chi influenced exercises that can help strength, balance, co-ordination, flexibility, relaxation & more. Creating a wonderful sense of wellbeing, it can be adapted for all physical abilities. Each week will end with a lovely guided relaxation. Your tutor will be Amanda Boyd.</p>
<p>Holiday Spanish Wednesday 4th Mar, 9.45-11.45am x 10 wks</p>  <p>Going on holiday to Spain or a Spanish speaking country? Visiting friends there? Want to improve your experience and learn about the culture? Come and join us for some practical language and tips! ¡Hasta la vista, chicas!</p>	<p>Forest Bathing Monday 13th April, 9.45-11.45am x 3 wks</p>  <p>Leave the rush behind and step into the quiet world of the forest. These guided sessions combine gentle movement and mindfulness. You'll explore the forest engaging your senses allowing the sights, sounds, and subtle energy of the woods to gently support you. You can attend just one or all 3 sessions.</p>
<p>Creative Writing Wednesday 15th April, 12.30–2.30pm x 5 wks</p>  <p>In this very supportive class Fionnuala Cassidy will help you explore your creativity and why you want to write, learn techniques that develop powers of observation & imagination and explore different styles / genres of writing such as poetry, journalling, memoir, story-telling and fiction.</p>	<p>Qi Flow Thursday 16th April, 9.45-11.45am x 6 wks</p>  <p>Self-care doesn't have to be hard or exhausting. Qi Flow Stretching of Energy Meridians is a soft, nourishing practice that helps you release tension, calm your nervous system, and reconnect with your body's natural rhythm. Join Giovanna for this gentle class and give yourself space to slow down, breathe, and restore your energy.</p>
<p style="text-align: center;">TO APPLY</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="152 1257 589 1369">  <p>Department for Communities</p> </div> <div data-bbox="667 1217 1081 1361">  <p>COMMUNITY FUND</p> </div> <div data-bbox="1171 1217 1350 1393">  </div> <div data-bbox="1485 1217 2045 1414" style="text-align: center;"> <p>Use the QR Code or go to www.firststepswomenscentre.org/apply</p> <p>FOR MORE INFO Contact Amanda on: 028 8772 7648 Email: fswc.amandab@gmail.com</p> </div> </div>	