



## The Craft Club

- Do you feel isolated at home, spend lots of time on your own or would like to meet new people and make new friends?
- Would you like to learn a new craft and meet, chat and have some fun with people?
- Would you like to get out of your house and build your confidence in being around other people?

It is hard nowadays to get out and mix with people and this leads to many of us feeling lonely or isolated. I certainly felt both of those things after I had my first child. Capel Parish Nurses is running a craft group every **1<sup>st</sup> and 3<sup>rd</sup> Friday of the month** from **9:45-11:45am at my home in Capel starting Friday 7<sup>th</sup> September** for anyone who is feeling lonely or isolated or would like to make some more friends. These will be taught sessions so someone will be there to guide us through what to do and how to do it. We will also have homemade cake and hot drinks. It will be a relaxed and informal group so that people can chat and get to know each other whilst learning something new. The cost will be **£5 per session** with Capel Parish Nurses subsidising the rest. Initially we will run it for a 3-month trial basis but this can be extended if people are enjoying it.

If you would like to come along please contact me on **07588706869** or email me on [caroline@capelparishnurses.org.uk](mailto:caroline@capelparishnurses.org.uk) and I will give you my address. If you could sign up a week in advance of a session as it would really help us to know rough numbers. If you haven't signed up but would like to come, then just turn up! If you are anxious about coming on your own let me know and I can come and visit you beforehand so you know there is a friendly face waiting for you. We will be doing encaustic art, fused glass, zentangle drawing, polymer clay figures, fused glass jewellery and polymer clay jewellery. To find out more send me an email and I will send you a document with further information and examples of what you could make.

Blessings,  
Caroline, your Parish Nurse

**Caroline: 07588 706869 [Caroline@CapelParishNurses.org.uk](mailto:Caroline@CapelParishNurses.org.uk) Wed & Fri 9:30-2:30**  
**Margaret: 07588 698284 [Margaret@CapelParishNurses.org.uk](mailto:Margaret@CapelParishNurses.org.uk) Mon & Wed 9-4**  
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