



WILL BE HOSTING WORKSHOPS COME ALONG  
AND JOIN US

**Monday Mornings - 10.00-12.00 Mixed Crafts Workshop**

Using paints, paper mache, group and individual crafting - too many to name so come along and have fun! **£15.00 per person**



**Monday Afternoons - 2.00- 4.00 Music Session Workshop**

Sing your heart out to our karaoke hits and practise on the drums and guitars, all ages and ability, come and join us! **£15.00 per person**

**Tuesday Mornings 10.30 to 11.30 Healthy Heart Workshops**

Meet 'Zumba Zoë' our resident teacher and tutor and enjoy our healthy keep fit to music - please wear loose clothing for your comfort. Have fun!!!

**£5.00 per person**



**Tuesday Afternoons - 1.30 -3.30**

**Group Sensory Workshop and Small Zoo Animal Magic**

***Meet our range of exotic petting animals in our sensory sessions. (Places limited and a £5 deposit required please) £20 per person***



These are some of the animals and there are many others..... from

*5 Million Public liability insurance, CRB checked, sign written vehicle and full risk assessment. All animals are safely enclosed and even better we are a no mess petting zoo!*

**Wednesday Mornings - 10.00 -12 .00 Glass Fusing Workshops**

Light Catchers, tiles, paint and design on glass; materials supplied.

**Workshops £15 Per Person, (work is returned fired from the kiln the following week)**



**Wednesday Afternoons 1.30 - 3.30 Pottery Workshops**

Meet Susie our Tutor Ceramicist in Pottery Sessions, join us in making and designing your special pot, or plaque in our workshops.



**Workshops are £15 per person**

## Thursday Mornings 10.30-12.00 Work Shop in Sharing and Team-Building

Come and join us for Parachute sessions with a break for refreshments and a natter! Everyone welcome regardless of ability. Develop your self-confidence and team-building skills. **Workshops are £5 per person**



## Thursday Afternoons - 1.30 - 3.30 Drama Workshops



Starting on 23 May Drama workshops, by encouraging creative expression, individuals and group members can feel involved in relationships with others and in the course of having some fun; clients can build self-confidence and self-awareness

## Friday Mornings - 10.00 -12.00 Cookery and Craft Workshops

Alternate weeks - Please call for further details.



## Friday Afternoons - 1.00-3.00 'Techno Hen Disco'

Come along and join us for friendship, socialising and rock those moves on the dance floor. Full disco system and lights. **Only £4.00 per person**

**We may be liable to change the programme at short notice; information will be given out as soon as changes occur details will be shown on the website.**

**CONTACT DETAILS**

Bright Lives Social Enterprise CIC

2 London Road

Lexden

Colchester

Essex

CO3 4DE

Please fill in the form below and return to us for bookings or call to reserve places

<p><b>Name</b> .....</p> <p>.....</p> <p><b>Contact Telephone Number</b> .....</p> <p><b>Email address</b> .....</p> <p><b>(Deposit £5.00 required please for Zoo Experience as places are limited)</b></p> <p><b>For further details please call Bright Lives Social Enterprise on</b></p> <p><b>01206 615165</b></p> <p><b>We look forward to meeting you all 😊</b></p>	<p><b>Day (s) Required</b> .....</p> <p>.....</p>
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