



Harmony Drop-In Newsletter

May/June 2021

Hi Everyone and welcome to this months Harmony Newsletter.

Here's to the brighter Summer weather. To once again being able to venture outside freely and to finding joy in the simple pleasures that have eluded us for so long during lockdown. A hug, a coffee with a friend, a haircut ! !

Wellbeing sessions

We are now running Wellbeing Sessions on Friday mornings. And these have got off to a great start. With talks from Steps to Wellbeing, a discussion on Assertiveness from Louise and a singing class from Jane. Please see our on going programme for upcoming events (Please let us know if you would like a copy). We welcome all your ideas for future sessions and some suggestions are Confidence and Anxiety, and a Pilates class for bad backs. So do let us know.

Allotment with Louise

We have had some lovely weather and some rain (which is good for the plants !) Seeds are being planted and raised beds organised. Don't forget the allotment is a place to work and play ! So if you need to spend some time just relaxing in nature , being and not doing ,that's OK too . Thank you to Jemma for her seed donations .

Harmony Opening Times

Mondays 10-1pm + phone support 1-4pm

Tuesdays 11-1pm Allotment

Wednesdays 10-1pm

Fridays 10-1pm Wellbeing

CARERS GROUP WITH DEBBIE AND SUE. (Tuesdays once a month)

This is a new support group. Running in the evenings and is for people caring for someone with mental health difficulties. Please contact Harmony for more details.

VISIT THE EMUS



Helen has invited us to visit her emus, once lockdown allows

Any members who would be interested, let us know and we can look at organising a trip to Helens.

BAKING

We have several members that are amazing bakers. Shona has recently brought in Bronwnies and cup cakes for us to taste test, which was our pleasure. Thank you Shona.

UP AND COMING

Finally, we are looking at getting a bench for Harmony, in memory of Karin and Tony. As many of you know the first anniversary of Karins passing was this April. Also Lesley one of our founding trustees has now retired and gifted us a rose bush. So the plan is to tidy up the outside space outside by the kitchen and make it a nice spot to sit. On a bench by a rose bush! There will be an official ribbon cutting to mark the occasion

Contact us...

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