

# WINTER WELLBEING FOR OLDER BRUNSWICK RESIDENTS

**POSITIVE STEPS WINTER WELLBEING PROJECT IS AIMED AT BRUNSWICK & ARDWICK RESIDENTS AGED 50+. WE WOULD LIKE TO ENCOURAGE PEOPLE WHO IDENTIFY AS BLACK, ASIAN, OTHER MINORITY ETHNIC TO PARTICIPATE.**

**JOIN OUR WINTER WELLBEING PROJECT WHERE YOU WILL HAVE THE OPPORTUNITY TO CONNECT WITH OTHERS AND JOIN IN A RANGE OF ARTS, CRAFT, MUSIC ACTIVITIES, DESIGNED TO SUPPORT YOUR WELLBEING DURING WINTER.**



## **What To Expect:**

- Explore ways to stay positive and take care of your wellbeing during the Winter months
- Connect with others either via Zoom\* or telephone
- Receive a Winter Wellbeing Pack delivered to your doorstep – full of treats for the Holidays!
- The chance as a group to work with a professional musician to create an original piece of music
- Connect with Manchester Archives+ to share and celebrate your memories of Ardwick

\*if you need support accessing Zoom please contact Mo at [mo@brunswickchurch.org](mailto:mo@brunswickchurch.org)

ZOOM SESSIONS WILL RUN ON **TUESDAYS 10AM – 11.30AM**  
THE FIRST SESSION WILL BE ON **TUESDAY 24TH NOVEMBER**  
THE PROJECT IS EXPECTED TO RUN UNTIL EARLY FEBRUARY 2021  
**PLEASE NOTE, YOU DO NOT HAVE TO MAKE ALL THE SESSIONS,  
COME ALONG TO AS FEW OR AS MANY AS YOU WOULD LIKE TO!**  
Please email Mo at [mo@brunswickchurch.org](mailto:mo@brunswickchurch.org) for the Zoom Code.