

Breathing Space

Mindfulness

Mindfulness is a really useful tool to support the development of positive health and wellbeing. The monthly Sensing the Seasons sessions use the mindfulness techniques to enable the participant to be aware of themselves in the present and to allow judgmental thoughts and negative emotions to flow through.

Join us on Friday 10-11am to experience the calm



Join us on Friday 1-3 for a free taster session or simply come along and enjoy the singing!

Web:
wittongilbert.durhamnorthtiam.org/breathingspace/

St Michael & All Angels Coach Lane
Witton Gilbert
DH7 6SX



Folk Singing

The Folk Singing and Songwriting course is a partnership between Breathing Space and Colour Your Life and has been a huge hit.

The activity is currently running on Fridays 1-3pm in the Church.

Benny Graham a local Folk Singer and Songwriter has given us a great insight into local folk music tradition and has led us in songs from The Lambton Worm to the Sandgate Lass.

For more information, please contact:
Gillie Boggon, Project Officer.
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Breathing Space

Showcase Week
13th-17th June

Come and join us for a week long taster of
activities from
Breathing Space Project
at St Michael & All Angels Church

Monday 13th: Tai Chi in the Churchyard!

Tuesday 14th: BBQ @ The Men's shed

Wednesday 15th: Get Active Free Taster @ Methodist Chapel

Thursday 16th: Woodland Wonders Taster

Friday 17th: Sensing the Seasons Walk & Folk singing

See inside for
further details



This is the 4th Year of the Breathing Space Project and the Trustees and team would like to invite you to see what we have been doing. Please visit the Church this week to find out !



Men's shed

The Men's Shed has been going over 3 years and has a regular group of volunteers from Changing Lives homeless project and Free the Way . The Men's Shed is being supported financially through Durham County Council Cree project fund and Awards for All lottery fund.

The project runs on a Tuesday 11.30am-1.30pm and 1.30-3.30pm

Gillie and Dave work alongside the group to support Friends of Witton Dene to manage the nature reserve by doing maintenance work to keep the pathways accessible.

During the summer months the church will be open between 9am and 4pm.

Tai Chi

Join us on Monday 12.15-1.15 in the Churchyard for an outdoor session of Tai Chi!



Join us on Tuesday in the Churchyard 12.15– 2.15 for a BBQ and to see the work so far!

Get Active Again

Get Active Again is a Gentle exercise group aimed at those who want to start to increase their physical activity. It is suitable for older members of the community and for those who are recovering from illness or those who just want to enjoy physical activity in a safe and supportive atmosphere. Led by Sandra Mountjoy the sessions are enjoyable, fun and challenging. The



sessions operate 2-3.15pm on Wednesdays at the Methodist Chapel(normally £2 per session).

Join us on Wednesday at the Methodist Chapel

2-3.15pm for a free taster session

Woodland Wonders

Family activity encourages shared experience and can support the development of positive relationships within the family unit. Within the Woodland wonders programme there are opportunities for families to work together to problem solve and to create.

Join us on Thursday in the Churchyard 3.30-4.30 for a free taster session



- Ice breaking activities
- Building confidence
- Establishing trust & supporting emotions
- Establishing & exploring boundaries
- Listening activities
- Making structures
- Natural art & craft activities
- Storytelling & music
- Tool use
- Activities with fire
- Campfire games
- Campfire Cooking
- Reviewing & evaluating