



# Ageing Well Southam

May to July 2024

**FREE** fun arts workshops for people aged 65 and over  
with opportunities to chat over a cuppa!  
**Dementia friendly!**

**Booking essential 07946 585978 [jenny@artsuplift.co.uk](mailto:jenny@artsuplift.co.uk)  
more information**

**[www.artsuplift.co.uk/ageing-well-arts-and-crafts-southam](http://www.artsuplift.co.uk/ageing-well-arts-and-crafts-southam)**

---

**Arts and Crafts with Jessica and Aish at Galanos  
Community Hub, Southam,  
CV47 2BL**

Take part in a range of carefully crafted sessions such as acrylic canvas painting, canvas bag decoration, marbling, glass painting, printing and colourful collages, with patient support and guidance. Meet like minded people! Improve your well-being! No experience necessary!

Mondays 10.30am to 12noon

13, 20 May 3,10,17,24 June 1,8,15, 22 July

---



photos by The Shuttercrew & Jessica Hartshorn

