

MONDAY

Walks for Women **Bentham**
Guided walks with leader. 9.30 – 12.00
Meet at Lairgill car park (Butts Lane/ Springfield - on the road out of Bentham to Clapham)

Making Art Memory Loss Groups
Personalised art-making groups for people living with dementia and their caregivers. The sessions offer stimulating activities which are sociable, fun, safe and full of care.

Mornings **Bentham**
Please Tel to book 015242 62672
There is a charge for these sessions

Carers Group **Bentham**
Looking Well Studios
Support group for carers of people living with dementia or memory loss. Please ring to book if you are bringing the person you care for.
10.15 to 12.15 Tel to book 015242 62672

TUESDAY

Light Leg Stretchers **Bentham**
First Tuesday of every month. (£ whatUcan)
Meet at Looking Well **9.15 leave at 9.30am**. Led by volunteer walk leaders who suit the walk to the group & weather conditions. Moderate in pace and aim to explore local 'favourite' routes. Wear walking shoes/boots.

Tuesdays @ Looking Well **Bentham**
Looking Well Studios 10.30-12.30 (Café prices)
A cosy social drop-in, catch-up with friends and make new ones, enjoy a cuppa in a relaxing space. Art activities.

Creative Writing Group **Bentham**
Looking Well Studios 11.30 – 1.00 (£whatUcan)
Do you enjoy writing? Come and share your work in a relaxed and friendly group. Pick up new ideas and skills that you may find useful.
<https://lookingwellwritten.wordpress.com/>

Community Shared Lunch **Bentham**
Looking Well Studios 12.45 – 1.30 (£4)
Join us to enjoy delicious, nutritious home-made vegetarian soup (with bread/cheese and fruit) in friendly company. Volunteer to help!

WEDNESDAY

Art for All **Bentham**
Looking Well Studios 2.00 -4.00 pm (£4)
Quiet drop in art group **No session 22 February, 1 March**

Singing For All. **Bentham**
Looking Well *Every two weeks* 8 – 9.30pm
Led by David Burbridge
Ring David on 01539 621166 to book and check dates

Making Art Memory Loss Group **Settle**
Ring to book 015242 62672 Morning
Personalised art-making groups for people living with dementia and their caregivers.
There is a charge for these sessions

THURSDAY

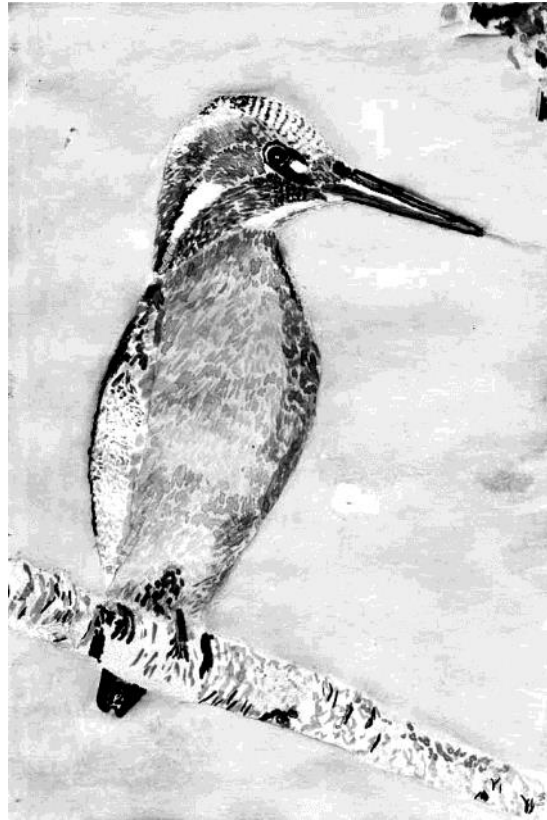
Creative Respite Day **Settle**
10am – 3pm
Stimulating social and creative activities for people living with dementia or memory loss. Professional personal care provided. A warm and friendly atmosphere.
Ring to book 015242 62672
There is a charge for these sessions

Art Shed **Bentham**
Looking Well Studios (£whatUcan) 1-4 pm
Art making for everyone and supporting community

FRIDAY

Creative Community **Bentham**
Looking Well Studios 10.30 – 1.00 pm **Cost (£5)**
A friendly and supportive group led by an artist and supported by an arts assistant. Particularly suitable for anyone living with long-term health conditions, facing social isolation or a carer. Simple techniques to try out in a relaxed group. **Ring to book 015242 62672**

Making Art Memory Loss Groups **Skipton**
2-4pm
Personalised art-making groups for people living with dementia and their caregivers. The sessions offer stimulating activities which are sociable, fun, safe, and full of care.
Please ring to book 015242 62672
There is a charge for these sessions



"The Looking Well is an antidote to low mood... It is part of staying well... You can be well or unwell to come here. You are not defined by either."

"Having been disabled for a long time my thinking and activities had become limiting to me. Coming to Looking Well has expanded my thinking and and therefore my world"

"I have done all sorts of things that I would never have dreamt of doing."

"I like team work. It is not just about individuals, when we do a project it is about everybody....It is a very relaxed and casual atmosphere.... There is no pressure here"

Pioneer Projects promotes the use of arts and celebration to impact positively on the health of individuals and communities. The organisations ethos and working practices are based on the evidence that health and creativity are connected.

Website pioneerprojects.org.uk

Twitter twitter.com/PioneerProjects

Facebook facebook.com/pioneerprojects



For more information or details of new activities and current exhibitions, please contact us on:

015242 62672 or

Email : office@pioneerprojects.org.uk

Looking Well Studios, King Street, High Bentham, LA2 7HG

Company No. 3241874

Reg. Charity No. 1067976

Pioneer Projects is a registered charity that owns and runs the building Looking Well Studios in Bentham. Pioneer Projects also works in other areas of North Yorkshire.



Activities Programme

Bentham Library will relocate to Pioneer Projects at Looking Well Studios in early May 2017. Volunteers are essential in helping to support this valuable provision for the community.

If you are interested please:
Call into the existing library or Pioneer Projects,
Telephone 015242 62672 or
email: office@pioneerprojects.org.uk