

# SPRING NEWSLETTER 2024

## **FEBRUARY HALF TERM**

Some Family Fun and Traditional games during February Half Term!



## **REIKI SESSION**

Claire from Soulful Wispa facilitated a Reiki session for our parents last week. It was great for everyone to have some 'time out' and learn relaxation techniques.



## **Easter Holiday Activities**



Wednesday 3rd & Wednesday 10th April  
10.00-12.00  
Queens Park & Nantwich Lake

Thursday 4th & Thursday 11th April  
10.00-12.00  
Crafts, games & fun activities.  
@MILL HOUSE

LIMITED SPACES  
PHONE THE OFFICE FOR MORE INFO AND  
BOOKING DETAILS

## **SOUTH CHESHIRE CLASP OPEN DAY**



Visit our new premises, meet the team and find out about our services!

Tuesday 21st May

10.00-2.00pm

@ Mill House, Brook Street, Crewe.



## MAY HALF TERM ACTIVITIES



Keep an eye out on our facebook page for more details....



Starting on 16th April for 4 weeks.

9.30-11.30am

### Resilience Course

**BEND DON'T BREAK!!**



Budgeting Session  
run by Christians against  
Poverty  
on Tuesday 25th June  
10.00 -12.00



### Here to Listen

Come and join a warm and friendly team of staff and volunteers....  
Do you have an hour or two a week? Can you listen in an active, non-judgemental way?  
Do you understand the needs of single parents?



We are looking for volunteers to provide regular support to our single parent families via a phone call a week to talk about how things are going.

If you are interested, please contact Sue on 01270 250629 or email [Sue@southcheshireclasp.org.uk](mailto:Sue@southcheshireclasp.org.uk)

### Meal Planning & Healthy Eating Workshop on Thursday 25th April

10.00-12.00



### COMING in SEPTEMBER...

Join Tim the Builder for a four week course in DIY  
24th September for 4 weeks



Learn all about..  
How to put up a shelf, stair gate,  
curtain pole, bolts and locks,  
Paint a wall, Use an electric drill

