

2020 SUMMER STAYCATION

FREE ACTIVITIES

Embrace your 5
Ways to
Wellbeing



Week commencing: 20/7/20

5 WAYS TO WELLBEING – No. 1: TAKE NOTICE



Sessions 8-11 years (11-12pm) and 12-15 years (2:30-3:30pm)

Using Photography to:

- Look for beauty in the unexpected around your house to find things you may have never noticed before: colours, textures, reflections to create a mood board– 21st July
- Create postcards from your pictures and write a positive message to someone you care about– 22nd July
- Create stories/comic strips using your pictures for inspiration – 23rd July



'Our Visyon' 14+

Tuesdays 1pm-2pm

Join our existing group and learn about mental health, how to share your knowledge and skills with others, effective campaign strategies and how to have a voice. Influence what mental health and other support looks like for children and young people



PARENTS OF 8-12 YEAR OLDS

Guided session on how to support your child returning to school

Thursday 23rd July – 12pm



BACK TO SCHOOL



PARENTS SUPPORT GROUP



Join our existing group on Wednesdays at 6:30-7:30pm for parental support over a virtual cup of tea. Learn and exchange ways of supporting your child experiencing mental health issues



VISION CREATE – 11-15 YEARS

On Tuesdays at 4:30-5:30 pm

Join our existing group and enjoy creative activities to keep those feelings under control



FOR MORE DETAILS CHECK OUT OUR WEEKLY PROGRAMMES ON OUR WEBSITE, OR FOLLOW US ON FACEBOOK AND INSTAGRAM @VISYONLTD . TO BOOK A PLACE CONTACT VISYON TEL: 01260 290 000 OR EMAIL ADMINISTRATION@VISYON.ORG.UK & GET BOOKED ON TO ENJOY THE FUN!!

