

# Act on your **Health** event



An event demonstrating how the use of the creative arts can influence & support health & wellbeing

**Friday 26 April 2024**

**10am - 3pm**

**@ Spires Centre**

**600 East Bank Road, Sheffield S2 2AN**

**'The Fantasy Project'**  
Costume catwalk



**'The Monday Morning Lads'**

**Big Purple Bus**  
from 10am with  
information & support.



**See over leaflet**

To find out more or book a place on the workshops contact:

**Diane Cairns - 0794 6436 163 dianecairns@manorandcastle.org.uk or**

**Michael McKeown - 0790 0964 019. Available - Mon - Fri, between 9am - 5pm**

**Supported by the Norfolk Park & Arbourthorne Mens Group.**

# @ Spires Centre

On the day

## 10am

Event Open-Registration, Refreshments, Stalls, Asthma information, Blood pressure checks. Woodland Confidence - Activity - **Rose** & Green Estate-Green Prescribing - Activity - **Jayne**  
Please book on

**10.15am to 10.30am**

'Career Confidence' - MCDT  
Employment Team Workshop -  
Jane and Anita

Please book on

**10am to 10.45am**

Art for therapy - Holly

**10.40am to 11am**

Mindfulness Movement  
Workshop - Tutor Helen

Please book on

**11am -12 noon**

'The Fantasy Project' Costume Catwalk  
Screening with the **S2 Creatives** &  
interactive design session with Sally

& **SHEFF!ELD  
THEATRES**

**Plus Q+A**

with community artist  
**Imogen** on 'The Fantasy  
Project' and 'Witch/Craft'  
Project with Sheffield  
Theatres.

Please book on.

**12 noon-12.30pm**

Kelly Anne & Kelly  
Confidence & Self Care  
Workshop.

**12.30-1.30pm**

Lunch - "Tracy`s  
Kitchen delights"

**1.30pm 1.50pm**

Mindfulness Movement  
workshop - Helen

Please book on

**2pm -2.30pm**

The Norfolk Park & Arbourthorne Mens Group present

'The Monday Morning Lads' with **SHEFF!ELD  
THEATRES**

Q & A Please book a seat

**2.30pm**

Stalls interactive activity in  
main area and outside weather  
permitting

## 3pm Finish

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