



+ Motivational Mondays

+ Don't stay indoors bored

Support and Friendship Groups

Every 3rd Monday of the month we hold our Social Lunch, just look at your calendar and mark the day! Open to everyone. Our next one is September 20th.

A healthy buffet lunch and activities – crafts, games, speakers, entertainment. £4 inclusive. Held at the Henry Cook Centre (Waterside Community Church), South Street (free carpark on Coates Road – *for members only*), Gosport PO12 1ES

Come and join our ladies' group; knit and natter, sew and chat or enjoy watching everyone else crafting. - All the other Mondays (of the month) £3subs

Now held at Giddy Goats Yarns, No.1 High Street, Gosport PO12 1BX

Because some of members are classed as extremely vulnerable, we ask that you follow these simple rules ...

- 1. Please don't come to meetings if you are feeling unwell, please stay safely indoors.*
- 2. Keep to social distancing, use sanitiser or wash hands often.*
- 3. We are not making it compulsory to wear a mask BUT if you have been in close contact to someone **with** covid19 we will ask you to keep a mask on.*
- 4. We will take all the precautions that we can to ensure you are kept safe.*
- 5. We can provide masks and full-face visors if you would like one.*



(Please let us know if you have any dietary requirements)



“We look forward to seeing you!”

If you have difficulty getting to us, we may be able to provide transport, please Call or Text 07450028410 We Can Call You Back!”

