



DearAlbert



WEA
Adult Learning
Within Reach

Programme of WEA Tasters

**Our Wellbeing tasters will take place during
Recovery Week 2021**

Join online via ZOOM & Dear Albert, The Stairway Project,
68 Humberstone Gate, Leicester LE1 3PL (see below)

Registration required: Please contact

Dear Albert: 0800 8303646 OR hello@dearalbert.co.uk



IN PERSON & ZOOM

**“Have a go at singing!” for Wellbeing at Dear Albert
Monday 20 September 2021 10.00 am – 11.30 am**

The aim of this session is about using your voice and singing to improve your physical and mental wellbeing; you don't need to 'be a singer', music connects us all. You can join in and sing or take part by just observing and will benefit by meeting others.

**Creative Art for Wellbeing on ZOOM ONLY
Tuesday 21 September 10.00 am – 11.30 am**

The aim of this session is to support development of communication skills to express how you are feeling using art as a medium. You will benefit from being involved in a live session, meet others and produce items of art independently or in pairs as you wish



**Laughter Yoga for Wellbeing on ZOOM ONLY
Wednesday 22 September 5.30 pm – 6.30 pm**

The aim of this session is to support development of a positive mindset. You will benefit from being involved in a live session, meet others and take part in laughter activities

**Mindfulness for Wellbeing on ZOOM ONLY
Thursday 22 September 3.00 pm – 4.30 pm**

The aim of this session is to develop your understanding of feeling and living in the moment. You will benefit from being involved in a live session, meet others and take part in breathing and relaxation activities



Supported by



The WEA is a charity registered in England and Wales

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