



# STAYING IN TOGETHER:

A new series of online workshops and events

## Monthly Overview

EVERY  
WED 12:30  
THU 5 PM

### Mindfulness

If you are feeling stressed/alone/isolated/anxious, or just generally worried and would like a way of helping you to de-stress and minimize anxiety, then please do join us for our weekly mindfulness sessions.

20 MAY  
WED 6 PM

### Yoga

Chelsea will lead you through a fun warm-up to get your brain engaged! You will learn a simple, gentle sequence that you can take away afterwards to help keep your body healthy. With lots of lovely breath work and a deep relaxation at the end. Don't worry if you haven't got a yoga mat. Just bring something comfy to lie on and a blanket to snuggle yourself up in at the end. Super excited to meet you all!

11 MAY  
MON 6 PM

### Technicolor

Join us for our monthly LGBT+ film night. Afterwards we'll be hearing from our very own Ricky Krokos about the challenges of being an LGBT+ migrant from Eastern Europe in the UK.

21 MAY  
THU 6 PM

### Creative Writing Workshop

12 MAY  
TUE 4 PM

### Dance Class (women only)

Strut your stuff and dance your socks off with the added bonus of increasing self-confidence, improving mood and reducing social isolation during these challenging times.

26 MAY  
TUE 4 PM

### Dance Class (women only)

27 MAY  
WED 6 PM

### Welfare Rights Workshop

Simon from our Information & Advice team will give an update about recent benefit changes announced by the DWP and will talk about the Governments Furlough scheme. This will be followed by a Question & Answers session. Please email any questions to: [simon.farris@positiveeast.org.uk](mailto:simon.farris@positiveeast.org.uk)

13 MAY  
WED 6 PM

### Artist Talk

Artist Sunil Gupta will give an informal introduction to his work with an opportunity to ask questions afterwards.

28 MAY  
THU 6 PM

### Creative Writing Workshop

14 MAY  
THU 6 PM

### Creative Writing Workshop

19 MAY  
TUE 4 PM

### Dance Class (women only)

for any general inquires, please contact [talktome@positiveeast.org.uk](mailto:talktome@positiveeast.org.uk)

### Contacts for workshops

Creative writing:  
[hugh.wyld@positiveeast.org.uk](mailto:hugh.wyld@positiveeast.org.uk)

Wednesday 6pm workshops:  
[greg.leonard@positiveeast.org.uk](mailto:greg.leonard@positiveeast.org.uk)

Mindfulness:  
[andre.smith@positiveeast.org.uk](mailto:andre.smith@positiveeast.org.uk)

Dance:  
[joanne.mccarthy@positiveeast.org.uk](mailto:joanne.mccarthy@positiveeast.org.uk)

Technicolor:  
[Massimo.nardi@positiveeast.org.uk](mailto:Massimo.nardi@positiveeast.org.uk)