

My Time My Space



a **project** for **women** experiencing post-natal depression
Do you want time for yourself? Want to learn some new creative skills in a friendly, supportive environment, with a crèche provided? A chance to make new friends, share experiences, promote wellbeing and have FUN. Facilitated by professional arts tutors with a health visitor present to offer advice and support.

Peasedown St John Children's Centre
(next to the primary school), Bath Road, Peasedown St John

THURSDAYS 12.30 – 2.45pm

26th Nov, 3rd, 10th, 17th, Dec 09
7th, 14th, 21st, 28th Jan, 4th, 11th, 18th Feb 2010

Contact your health visitor or Norton Radstock Children's Centre 01225 396660
A professionally run crèche will be provided by Longvernal Mobile crèche and Norton Radstock Children's Centre Staff. Bring your child's lunch if necessary
Transport can be arranged if needed. Please phone 01761 438553

nesa develops and delivers quality arts projects with communities, enabling positive change

our funders:



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our partners:

B&NES PCT Health Visiting Team
Norton Radstock Children's Centre
Peasedown Youth Centre
Transformation Fund

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