

Health and Wellbeing Woodworking Workshops at Furniture Plus



We have re-launched our woodworking workshops. Do you know anyone that would benefit from taking part? Workshops run one day a week for 8-week blocks and are available to anyone over the age of 18 who may have suffered as result of the Covid pandemic and want to learn a new skill.

Key Aims

- **Provide an opportunity to socialize and meet others**
- **Create some me time, headspace and escapism**
- **Learn basic woodworking skills**
- **Help to build confidence**
- **Give an opportunity to be creative**

Dates Available

- **Block 3 - 3rd May to 21st June (Tuesdays)**
- **Block 4 - 18th May to 6th July (Wednesdays)**
- **Block 5 - 19th May to 7th July (Thursdays)**
- **Block 6 - 26th July to 13th Sept (Tuesdays)**

Workshops times — 10am to 2pm

**To apply please ask for an application form
or contact gregor@furnitureplus.org.uk**



Furniture Plus
Fife's Re-use Charity Store