



# SEPTEMBER NEWSLETTER

Project Mobile Number: 07539 110 717  
Thursday only (10am – 4pm)

## 6<sup>th</sup> September: Members Meeting

We're nothing without our members, so feel free to come along and join in at today's meeting. Friendly discussion, big ideas, and hands raised to back your shenanigans up are welcome!

6<sup>th</sup> September: Louise from NEA is in to discuss energy saving and a grant which may entitle people of savings up to £150.

## 8<sup>th</sup> September: Anne – Reflexology

WATCH Favourite Anne is in for another reflexology session. Book early on the day to avoid disappointment!

## 10<sup>th</sup> September: Self-Management Workshops:

4 Week course starting on the 10<sup>th</sup> September at 10-12pm at the Rugby club. Please contact Julie if you are interested in attending on:07506238540.

## 11<sup>th</sup> September (Tuesday): Richard's Health Walks:

Richards Health Walk in August was a big success and was enjoyed by all! Next Walk Tuesday 11<sup>th</sup> @ 10am at the Guildhall. Please let Gabrielle at WATCH know if you are interested in joining in.

## 20<sup>th</sup> September: Laughter Workshop

Come and join us for a giggle on the 20<sup>th</sup> September @ 2pm with Denise.

## Talking Café (Every Monday)

It's not exactly WATCH affiliated, but if you're looking for some company and cups tea during the start of the week, Somerset Village & Community Agents are holding a weekly Talking Café on Monday at the Chard Baptist Church between 10.30-13.00.

## Chard Guildhall Stall Help:

If anyone is interested in helping with a stall at the Chard Guildhall to raise money for WATCH on the first Saturday in October please speak to Sarah L.

## Useful Twitter links!

South Somerset Mind now have a twitter page, you can follow them via [@SSomersetMind](#) for all the latest news.

(You can follow WATCH too [@TheWATCHProject](#) but we don't check it half as much as we should!)

## We have a new Pool and Table Tennis table! Tournament to come!!



## Tea & Talk – Every Thursday from 2pm

Please come along and have a chat with a cup of tea, every Thursday from 2pm. If you have any ideas you would like to raise (particularly about the art table) tea and talk is a good time to bring them up!

## Stain Glass Painting at WATCH (Feedback):



*M@thew promises more Jar photos on the website soon!*

*"I really enjoyed the art table this week as we did stain glass painting for the first time, turning old jam jars into decorative pieces for multi-use purposes. ☺" – Sarah L.*