

Wellbeing Warriors

**New club for children aged 7-11
in the Keyham area.**

Starting in September, Tuesdays 4.30-6pm at Keyham Green Places.

£1.50/session

A place to come and explore wellbeing using yoga, mindfulness and loads of other fun activities like craft, games, group challenges and activities involving nature.

It's been such a tough year for everybody and children have certainly been affected too. This will be a safe space for children to come and make friends whilst finding out the recipe for living a happier life by learning ways to manage life's up's & downs.

The Tree Project CIC is a social enterprise run by Haidee Dampney and is all about exploring wellbeing in our lives. Haidee is a qualified yoga teacher for children, young people and adults with over 20 years experience of leading workshops and groups with children and young people in many settings e.g. youth clubs, schools, colleges and outreach based work. The Tree Project CIC has full insurance, DBS, first aid, up to date safeguarding training and procedures.



If your child is interested please give us a call / send us a text / email to let us know so that we can show funders that children will come.

M: 07722 846 879
E: thetreeprojectcic@gmail.com

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