

## Community Wizards Upcoming Sessions

Email [communitywizards@juliansupport.org](mailto:communitywizards@juliansupport.org) or call / text 07824 897094

Back by Popular Demand.....

### Grown Ups Hula Hooping Fun Sessions!

Owing to the success of our Hula-Hooping sessions in May, we are bringing back the sessions for June!

Looking for a fun way to move, laugh, and try something new?

Come and join a free hula hooping session!

Suitable for all abilities, including beginners, you'll be guided through simple techniques in a supportive and welcoming environment. Low impact, accessible exercise, no experience needed.

Drop by, have a giggle, and get moving!

Where: Pilling Park Community Centre (side room & garden)

When: Tuesday 2nd June between 1pm and 2pm

Tuesday 30<sup>th</sup> June between 11am and 12pm

#### Here's what our Hula-Hoopers said:

**"It was so fun and I loved it"**

**"It was great to be with other people laughing, hooping"**

**"It shows that you don't need much to have fun"**

**"Fun and lovely people"**

**"It was a really fun and a great way to exercise"**

**There's more!**  
Click the bottom right to turn the page!

## ALSO COMING IN JUNE.....

### One Pot Wonders @ Pilling Park

A 3-week cookery course throughout June which provides free slow cookers and starter kits to participants.

We know everyone is facing the financial pinch in the current climate, so we are offering a 3-week cookery course to support and enable families to create healthy meals whilst gaining cookery skills.

The best part? We provide all the ingredients, and you get to keep your slow cooker and the utensils needed to create the recipes! One Pot Wonders is about more than just cooking, it's about sharing skills, building confidence, and bringing people together around food.

Does this sound like it's for you?

Find out more or register your interest, contact Sophie on 07824 897094 or email [communitywizards@juliansupport.org](mailto:communitywizards@juliansupport.org)

Limited places so booking is essential

#### Where:

Pilling Park Community Centre (side room)

#### When:

Thursday 18<sup>th</sup> June  
Thursday 25<sup>th</sup> June  
Thursday 2<sup>nd</sup> July

#### Time:

10:30am – 11:30am