

nourish SUPPORT CENTRE

COME AND JOIN US, HERE'S WHAT'S ON

Welcome

Carer Skills & Self Kindness

Running 4 weekly on a Thursday morning 10 to 12

A 10-session rolling programme offering practical, creative and feel-good workshops, running monthly throughout 2026.

Knit & Natter Group

Tuesday morning 11:30 to 1:00 pm

Whether you're a beginner or a seasoned crafter, join us for a relaxed morning of stitching, chatting and sharing skills. Bring a project or start something new our knitting helpers are on hand for guidance (or to admire your creations!). Tea, smiles and woolly fun guaranteed.



Aftershock

Wednesday 3:30 to 5:30 pm

A welcoming session for children aged 5–16 (must attend with a parent/carer), offering a warm snack, fun activities, crafts, and games in a supportive environment.



Carers' Café

Wednesday 11:00 to 1:00 pm

Enjoy a warm light lunch, friendly peer connection, and supportive advice in a relaxed social space for carers. Children attending with their parent/carer can join in play activities. It's a welcoming place to meet others, share experiences, and for Nourish to offer information, guidance, and support when needed.

Happy Mondays'

A relaxed social and crafting session for young people and adults (18+) with additional needs.

Two sessions are available: 10am–12pm in the morning and 1pm–3pm in the afternoon.

Come along to whichever suits you best or even both!



Project U

Thursday 1:00 to 3:00 pm

A supportive programme helping young people build confidence, strengthen resilience, and work towards their future goals.

Blokes - Build - Blether

Wednesday 7:00 to 9:00 pm

A safe, relaxed space for male carers to unwind, connect, and enjoy activities just for them from Lego builds and poker nights to games, chat, and genuine bloke-to-bloke connection.