

Appendix 5: Wellbeing activities

Wellbeing activities delivered during the project

Arts and crafts

Painting

Origami

Drawing

Needle felting

Pebble painting

Art therapy

Clay work

Mask making

Butterfly canvases

Mosaics

Willow weaving

Printing

Card making

Music

Ukulele session

Music therapy

Drumming

Singing

Physical activities

Beach clean

Local walk

Gardening

Community sports taster

Seated aerobics and seated yoga

Gentle dance

Thai Chi

GP exercise referral scheme

Relaxation

Hand reflexology

Listening to relaxation CD

Relaxation and mindfulness techniques

Guided meditation

Laughter therapy

Reading, writing and languages

Introduction to Spanish