

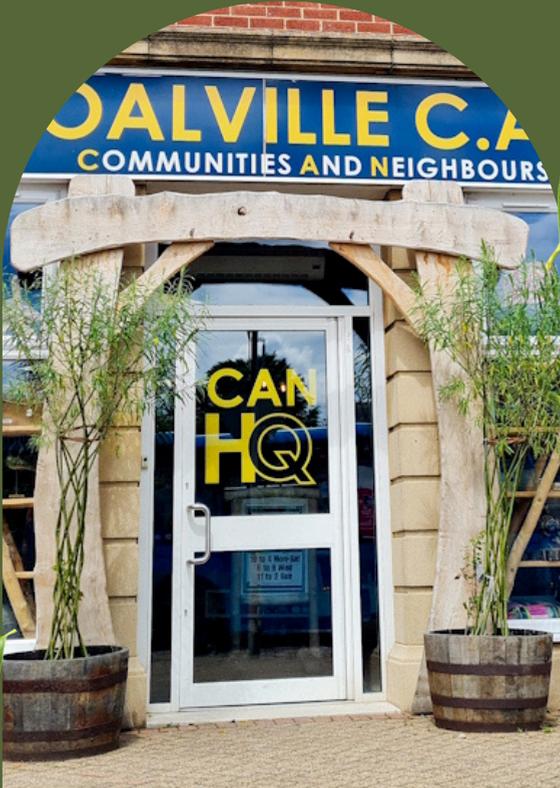


Wellbeing Event

What's On at Coalville C.A.N



16th March 11am-3pm



DOORS OPEN 10:45am



STALLS

TALKS

CLASSES

CREATIVE WORKSHOPS

FREE PARKING

www.coalvillecan.coop



COALVILLE C.A.N.



Pre-Booked Sessions 1.

{Top Floor - Training Room}



These sessions are FREE - but please book your space in advance to secure your spot via our website.

www.coalvillecan.coop - **What's On**

Angelic Reiki

11:00

45mins



Join a group session for an Angelic reiki energy healing experience with Divine Realm.

Please bring a yoga mat and arrive 5mins before the start time.

FREE.

Tai Chi

12:10

45mins



Join Tai Chi Coalville, working an adapted version of for arthritis supporting balance, joint and mobility problems.

All abilities welcome! No need to bring anything

FREE

Bellydance

13:10

45mins



World Fusion Bellydance - inspired by North African folklore, Rajistani and Flamenco style dancing. "Tribe of Badriyah" will get you moving!

Wear comfortable clothes.

FREE

Laughing Therapy

14:10

45mins



In this laughter session, comedian Ishi Khan will lead liberating laughter warm ups, games and share tools you can take away.

Just bring yourself!

FREE

Please arrive 5mins before the start time



Enjoy. Relax. Calm



GET CREATIVE

2.

{1st Floor - Maplewell}

All Day

Pebble Painting - Inspire Youth Collective - £1

Fun for children, paint your own pebbles and hide them out in nature for others to find

All Day

DROP IN - Art in Nature - Farah & Liz - FREE

Drop in at any time for great fun for kids of all ages - colour in your own Asian Folk Art inspired postcards whilst exploring the current exhibition

All Day

Henna & Facepainting - with ZARXHENNA

Express yourself - for kids of all ages! Henna from £5 & Facepaint from £3 per person

11am

Mindfulness Walk - Better Outdoors - FREE

Connecting with nature. creating community and supporting wellbeing. Join this short walk into local nature. Meet outside CAN HQ at 10:45

Meet 10:45

11am-1pm

Childrens Bracelet Making - PinkGinger Jewellery

Join Karen for some fun children's jewellery making - 50p per bracelet

11am

WORKSHOP Strawberry Patch Bags - Rita - FREE

Decorate bags with Rita with real strawberry plants

11am

WORKSHOP Design a Mug - with Angie - £4

Get creative with a nature theme! Mugs provided. £4 per mug

Book your place online



All ages welcome



GET CREATIVE

3.

{1st Floor - Maplewell}

11:30am

WORKSHOP Self Collage - Very Berry Therapy - FREE

Make a set of 'Self Collage' cards for the year ahead and create a dream board for 2025 with Sam.

12:30pm

WORKSHOP Art Therapy - Soul Therhappy - FREE

Join Soul Therhappy and explore the benefits of art as therapy...

13:00pm

Meet Snakes - Fin Holmes-Kellet - FREE

After Fin's talk about our environment and conservation he will be introducing his pet snakes for everyone to meet! Drop in between 1-2pm

13:30pm

WORKSHOP - Fabric Painting Tote Bags - Angie - £4

No experience needed all materials will be provided.

13:30pm

WORKSHOP Willow Snails - Better Outdoors

Make your own willow snail with Better Outdoors. All materials provided. Pre-booking essential. Pay as you feel, donations welcome.



We'd love to see you on the day! We recommend booking in advance for creative workshops to secure your spot and avoid disappointment. We also welcome drop-ins where space allows—so feel free to pop by and get involved!



Book your place online



All ages welcome



Talks

{1st Floor - Boardroom}

4.

If the talk has already started, please enter quietly.

Remember to turn off your mobile!

13:00

The therapeutic Benefits of the Outdoors - find out how walking and talking can support your wellbeing and reconnect you, with The Walk & Talk Therapist

11:00

Shiatsu for Women - A free talk on how Shiatsu Therapy can support women's reproductive health and wellbeing.
With Kerry Pond of the Shiatsu Space.

13:40

Exploring NeuroDiversity - with Confident Communities.

More details coming soon

11:40

Benefits of Art Therapy - Explore the benefits of art therapy with Sharon of Soul Therhappy.
Don't forget to join Sharon at her workshop later!

14:20

Incredible Edibles - Learn about growing vegetables in a community gardening project, improving mental and physical wellbeing through a sustainability project.

12:20

Why Snakes Matter! (And other wild things) - with Finn Holmes-Kellet. Learn about snakes and how these fascinating reptiles are important for the world, as well as other facts on the natural world!
Meet the snakes at 13:00!

Find out more about what's on at CAN via our website

www.coalvillecan.coop



COALVILLE C.A.N.

Learn



Listen



Stalls

5.

Explore upstairs and find out what else is going on...

Incredible Edible Loughborough

This community garden project grows produce all year round in urban settings, open to the the public to learn and grow too - would you be interested to set one up in Coalville?

Tai Chi Coalville

Meet Peter and discover the powerful impact of Tai Chi on the body - Peter runs a variety of classes locally including here at CAN. Don't miss his free taster session at 12:10 in the Training Room

Once Upon a Time

An opportunity to stock up on crystal infused room mists and loose incense Once Upon a Time will be sharing their gorgeous products!

Nutrition Coalville

Promoting a healthy balance between nutrition and exercise, talk to Chris about his Wellness Evaluations through Coalville Nutrition and explore the benefits of Herbalife products.



{Ground Floor}



Don't forget to check out the current exhibition too!



Stalls

6.

Coalville Community Workshop OPEN - learn new skills!

Artist In Residence

Hayley Fern

Meet Hayley and explore her therapeutic painting technique that grew out of art therapy, a mindful and calming process

Henna

ZARXHENNA

Meet Zara and her beautiful decorative skills - model for her with a variety of henna designs and face-painting!

Tropics

Nadia Holistics & Leanne

Meet Nadia & Leanne and learn about natural holistic Tropic - green beauty without compromise.

FREE hand massages available!

Counselling With Chrissie Henson

Chrissie Henson

A qualified therapist and author, Chrissie has an inspiring journey and would love to talk with you about her empowerment programme!



{Ground Floor}



Don't forget to check out the current exhibition too!



Stalls

7.

Check out "Charlies Beach Hut" chillout space on the top floor...

Naan Bag

LUNCH TIME!!!

We are very excited to welcome Naan Bag who are around all day. Vegetarian & Vegan options available!

Messages From Nature

Laura Hart

Laura Hart is a visionary artist and intuitive teacher, inspired by the spiritual messages she receives from nature, which she expresses onto canvas in beautiful vibrant colours

The Shiatsu Space

Kerry Pond

Talk to Kerry about the benefits of Shiatsu Therapy for supporting Women's health and wellbeing. Don't forget to join Kerry's talk (in the Boardoom) today!

Carla Harris Glass

Carla Harris

Infused glass artist Carla Harris will be presenting her latest glasswork, connecting with chakra's and affirmations!!

Joyfully Well

Esme Coss

Connect with Esme and discover the power of tapping. 30 min taster sessions using EFT Tapping for mental and emotional wellbeing can be booked in advance online.





Stalls

8.

Amanda's Treasures Workshop open to explore...

Boost your Energy

Good Energy Co

Reduce tiredness, increase mental clarity, get rid of brain fog, balance out hormones, recover after a workout, help with weight loss, reduce inflammation - Have a taste for yourself!

National Forest

Hollie Davison / Zoe Sewter

Did you know Coalville is in the heart of the National Forest? Find out about the upcoming Walking Festival, how you can get involved and more about what's going on in the area.

Green Life Innovations CIC

Meet Tony and find more about this CIC, who are engaged in outdoor, land based training and education at it's own sites and in local schools.

Metaphysical Gifts

Divine Realm Gifts

Explore the realm of Angelic Reiki energy healing.

Request a 1 to 1 session FREE - book online

The Walk & talk Therapist

A counsellor & podcaster, offering therapy via walking and talking in the green outdoors! Encouraging the practice of reconnecting with others and nature, and helping to build wellbeing into your week!

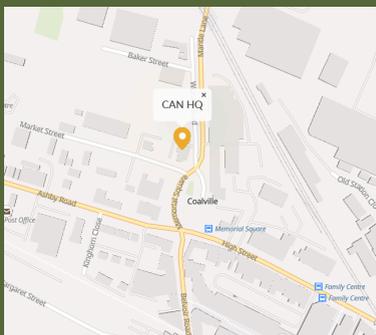


See you there!



A huge THANK YOU to all the co-hosts, stall holders, those running classes and workshops, doing talks, local practitioners and contributors for supporting the day!

Where to find us;



Coalville C.A.N HQ
Memorial Square
Coalville
LE67 3TU

What3Words: unique.back.abode

We have FREE PARKING to the side
and rear of the building

Coalville C.A.N is a community regeneration project led by local people. As a Co-operative, we, and our building, are owned by our members. CAN HQ has three floors including; MAKERS Gift Shop (over 100 local Makers!), Gallery, creative workshop space, rooms to hire for meetings and events with so much happening - keep up to date with what's on at CAN by signing up to our newsletter. Want to hire a room for a meeting, training or upcoming event? Email us, we'd love to hear from you! A warm welcome and a cuppa awaits you.



SCAN HERE

Find out more about what's
on at CAN via our website

www.coalvillecan.coop



Learn



Listen