

# TIME TO breathe

## Spring Programme

*preparing to grow*

During the Spring term we will be focusing on preparing for growth, reconnecting and exploring green safe spaces after the dark winter months.

The programme explores nature, art, food and how to thrive.

19th Jan: 4.30pm - 6.30pm @ Transition day

26th Jan: 4.30pm - 7.30pm @ Gathering Fields

2nd Feb: 4.30pm - 7.30pm @ E2M

9th Feb : 4.30pm - 6.30pm @ E2M

23rd Feb :4.30pm - 7.30pm @ Gathering Fields

2nd March : 4.30pm - 6.30pm @ E2M

9th March : 4.30pm - 6.30pm @ E2M

16th March: 4.30pm - 7.30pm @ Gathering Fields

23rd March: 4.30pm - 6.30pm @ E2M

30th March: 4.30pm - 6.30pm @ E2M

To refer a young person aged 11 - 18, please contact Rachel:  
[rachel.parsons@lancashireyouthchallenge.co.uk](mailto:rachel.parsons@lancashireyouthchallenge.co.uk)