

LIFE OPPORTUNITIES GROUPS.

The following provides a summary of Care Co-ops' current programme of groups and activities that are on offer.



Starlings: The group focus is on building self confidence through movement activities, fun and gentle exercise, using our voices and supporting each other to improve our well being.



Earth, other planets and the universe: This popular ongoing group are working on various projects including a display of their work on the planets, objects in space and spacecrafts. The internet, astronomy books and publications and subscription to the Sky at Night provide a wide source of information for the group which they then illustrate through paintings and written work. The group recently visited Foredown Tower for the camera Obscura.



Music and Drumming. The group meets at Westergate Business Centre and is run at the Moulsecoomb Leisure Centre. The group is a chance for members to explore their creativity and

musical skills in a supportive environment. Activities include guided improvisation on instruments, singing, drumming and basic rock beats. The group are also recording some of their music onto CD.



Information Technology Groups. The IT Group gives participants the opportunity to work on something relevant to them this could be word processing, creative or descriptive writing, interactive software or research on the internet. The group is fully supervised and also provides the opportunity for members to socialise and discuss their work.



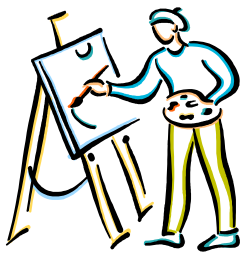
Care Co-ops Complimentary Therapy Workshop

Come and join this weekly group where you will be able to experience the benefits of relaxation and Indian Head Massage. The group will comprise of 2 x 15 minute body relaxations, led by the volunteer, between which there will be tea and refreshments and a social opportunity. During the group each individual will receive a 20 minute Indian Head Massage.



Primitive Pottery Workshop. This course offers participants an opportunity to create replica ancient pottery using naturally found materials. Participants explore how to prepare clay, build pots and decorate them. The group will be building a "clamp

kiln" at the Community Farm to fire their creations, and produce pottery like that produced by Neolithic people 6,000 years ago.



Art Group. This group is for people who love to paint and experiment and to explore their imagination and develop their creativity in a supportive environment. Past projects have led to people displaying their work in exhibitions. This group is run at the Friends Meeting House in the Town Centre.



Iron Age Craft: We work with natural materials, as far as possible, to create unique items which blend with and enhance the natural environment. These have included 'Iron Age' birdhouses and bird feeders. We have exhibited our work during the Brighton Festival.



Thank You for The Music . During this project we will share our favourite music with members of the group and be introduced to different types of music from around the world. We will learn about our favourite artists and talk about how music is

made and how it makes us feel. There will be something that everyone can enjoy



Community Farm: The Community Farm is a social enterprise growing a variety of fruit, vegetables and plants to sell locally. We provide supported work placements for adults with mental health problems and learning difficulties to take part in organic food growing and wildlife gardening.



Film and photography group: This is a new group which currently uses digital cameras to explore the local area. The group welcomes people with new ideas for creative projects.

Updated 16/06/10