



HEART
N
SOUL
AT
HOME

February - March 2021



Life is very different at the moment, so join us for a range of online activities whilst we all stay at home!

**Meet your friends,
have a chat,
get involved and
have lots of fun.**

**Everyone is welcome and
the choice of what you do
is yours!**

Mondays



3.30pm -



5pm



Chat and draw

Join us for a catch
up and a doodle!

Every week

Tuesdays



3pm

-



4.30pm



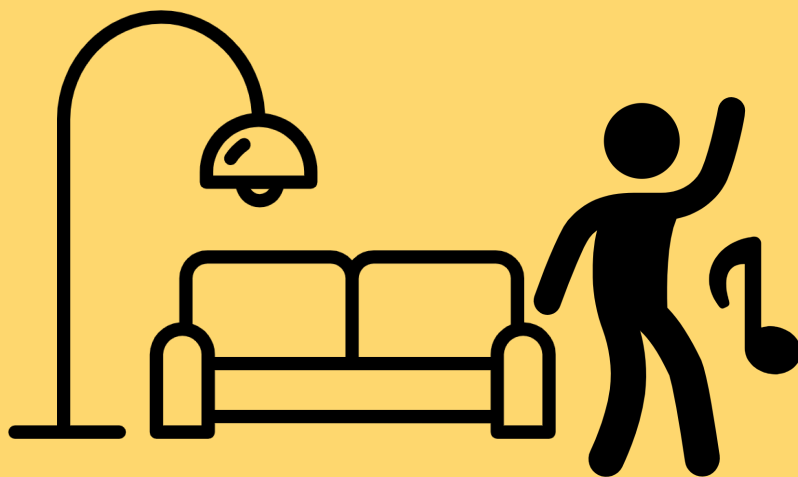
Music jam

Join musicians Robyn
and William for their
monthly music jam.
No instruments needed!

Dates:
Tuesday 16 February
Tuesday 9 March

Wednesdays

 11am -  12pm



Movement and dance

Join dance teacher Ned
to explore movement and
dance. Get some exercise
and express yourself!

Every week

Thursdays



2pm

-



3pm



Heart n Soul Choir

Sing your way through
the start of 2021!

Dates

4 - 25 February

Every week
in February

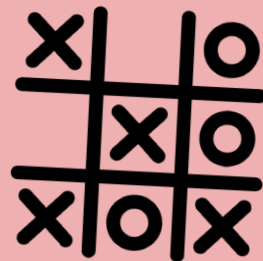
Thursdays



2pm -



4.30pm



Allsorts Online

Try different creative activities every week - fun guaranteed!

Dates

4 March - 8 April

Every week
from March

Fridays



10.30am

-



12pm



Art sessions

Spend a chilled out morning getting creative with artist Ben Connors!

Every week

Saturdays

 1pm -  3pm



Digital Do Your Own Thing



10-25 years old? Take part in dance, radio, visual/digital arts and DJing!

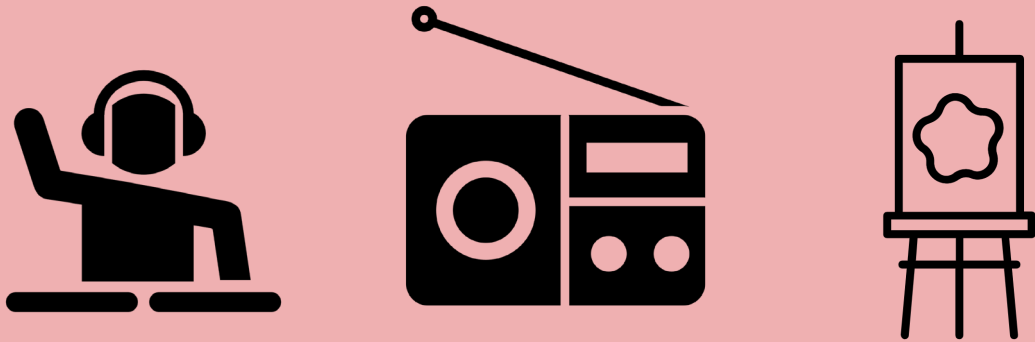
Dates:

Saturday 27 February

Saturday 27 March

Saturdays

 1pm -  3pm



Do Your Own Thing Youngstars

10-16 years old? Come along to
Do Your Own Thing Youngstars
to try online art, dance, music,
radio and more!

Dates:
Saturday 13 February
Saturday 13 March



We will contact young people directly about Do Your Own Thing activities on Saturdays.

If you have not attended Do Your Own Thing before, please get in touch with us before you come to a session!

 **020 8694 1632**

 **takingpart@heartnsoul.co.uk**



Zoom link for all Monday - Friday events:

<https://zoom.us/j/97511766772>

Meeting ID:
975 1176 6772

If you have trouble logging on
then we will be available to
help on the phone from 10am -
4pm.

 020 8694 1632

 info@heartnsoul.co.uk

 www.heartnsoul.co.uk



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ENGLAND**

For a full list of our funders, please visit www.heartnsoul.co.uk
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