



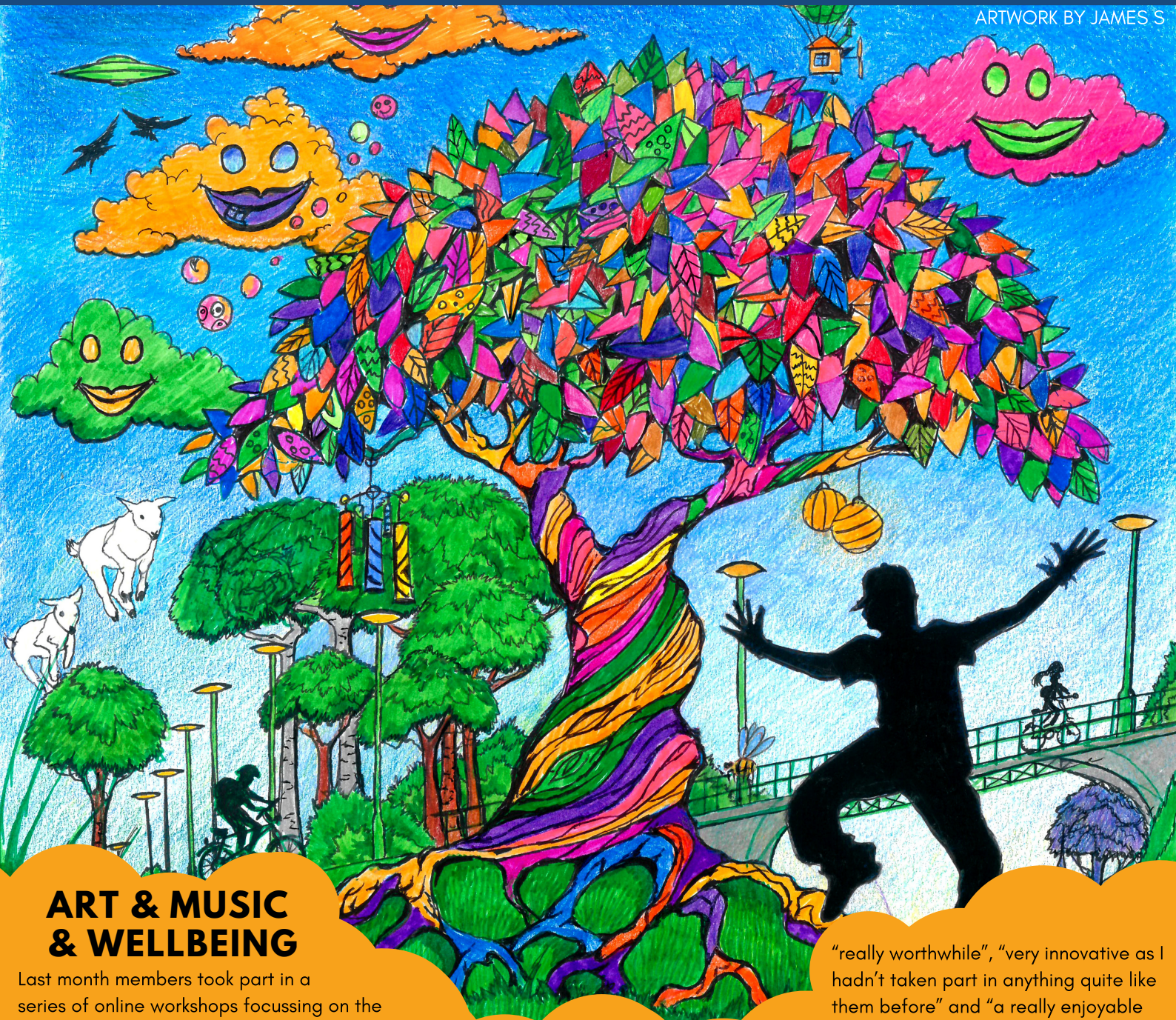
MAY 21ST, 2021

ISSUE 31

IN THE FLO

THE OFFICIAL FORTNIGHTLY FLOURISH NEWSLETTER

ARTWORK BY JAMES S



ART & MUSIC & WELLBEING

Last month members took part in a series of online workshops focussing on the connections between music, art and wellbeing.

We were joined by Tegan and Tiffany (students at University of West of Scotland) who both ran 4 sessions encouraging members to express their creative sides, share music recommendations, produce incredible artworks and compose catchy lyrics for a new song.

Stuart C will be interviewing Tegan and Tiffany for our upcoming radio show along with James S

who embraced the chance to design the eye-catching artwork for the soon-to-be smash hit single 'Smile (Smile, Smile)'.

The song was written collectively reflecting on past lockdowns and looking forward to the brighter days ahead - tune in to hear it on Sunny G or come along to the Wellbeing Meeting on Friday 21st May to hear a sneak preview! Feedback on the workshops was positive: they were

"really worthwhile", "very innovative as I hadn't taken part in anything quite like them before" and "a really enjoyable and entertaining experience".

Once the final artworks have been completed we will hopefully be able to share them in an upcoming issue of 'The Flourish Times'.

Keep your eyes peeled and ears open for further opportunities to take part in creative projects focussing on art, music, creative writing and wellbeing!
- The Wellbeing Unit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FLOURISH HOUSE TIMETABLE Phone us on 0141 333 0099 to book a place or for more info. (Unit meetings are not shown here but are still on zoom at the usual times)				
10am EMBROIDERY 10.30am ALLOTMENT 12pm MURAL WALK 3pm (24th) STUDY GROUP ZOOM	2pm WELLBEING WALK 3pm DRAW ALONG ZOOM	10am CYCLING 2pm WOMEN ON WOODLANDS TERRACE 3pm (26th) DIGITAL SKILLS	11am (3rd) DIGITAL SKILLS 1pm EXPRESSIVE DRAWING ZOOM 2pm WOMENS GROUP ZOOM	10am ART GROUP 10am CYCLING 1pm (28th) LOTTERY STEERING GROUP ZOOM 1.30pm ART WALK 2pm ALLOTMENT



GLASGOW KELVIN COLLEGE HEALTH & WELLBEING COURSE

This course is designed to support you and keep you on track with your Health and Well-being and stay healthy.

This course can be worked through independently online and at your own pace. As you complete each section you will be able to progress to the next modules as they open up for you.

The course modules are: Health and Fitness, Mental Health Awareness, Healthy Eating, Study Skills, Effective Thinking, Financial Health, Digital Wellbeing, Personal Presentation, Employability Skills, First Aid and Infection Control awareness. Many members have already enrolled and if you need any more info just speak to Noel or Sophie in Work and Learning.

TEP UPDATE!

We now have a new TEP at the Pantry which will be a great opportunity for members to get involved and learn new skills.

If you'd be interested in this in the future then just let your co-worker know.



FIONAS THAI GREEN CURRY

INGREDIENTS:

- Onions
- Mushrooms
- Peppers
- Sweet potatoes
- Carrots
- Tai green curry mix(2)
- Coconut milk
- Mixed herbs
- Rosemary
- Garlic
- Salt
- Pepper
- Rice

METHOD:

Sweat onions, mushrooms and onions and then put in both tai pastes. Then put in herbs and then put coconut milk in and then sweet potatoes and carrots and boil till it comes up and then turn down to 2 or 3 and simmer for 20 minutes. Cook rice until al dente.

