

# New Start New Life

## Join Vita Nova!

### Workshops Timetable

### Spring 2026

(Times may vary - check our website and social media for up-to-date info)

#### Celeste Drama Group

**Tuesday: 5.15pm**

**Facilitated by: Sharon**

**This group is for: Adults with English as a second language only.**

Don't worry if you have never done drama before.

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#### Vita Music

**Wednesday: 10 am - 12 pm**

**Facilitated by: Jack**

**This group is for: Recovery Only**

No musical background? No problem! Our music sessions are all about exploring various instruments, experimenting with rhythm and harmony, and finding joy in the act of creating sound.

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#### Community Theatre Group

**Wednesday: 1 - 3pm**

**Facilitated by: Sharon**

**This group is for: Recovery Only**

No experience required, just a willingness to have a go. Learn skills, build confidence, develop commitment and meet friends. This group works in schools to promote better choices.

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#### Creative Writing

**Friday: 10.30 am - 12.00 pm**

**Facilitated by: Alice**

**This group is for: Recovery Only**

Writing supports well being. Through it, we can express ourselves and explore. Writing can shape and transform thoughts, feelings and everyday experience into something we can share with others or keep to ourselves.

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#### Arts

**Coming soon**

**To join you need to get in touch by email**  
**[reception@vitanova.co.uk](mailto:reception@vitanova.co.uk)**  
**or call us on 01202 309999**



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Talbot  
Village  
Trust



Public Health  
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