



Why not trying something new this Summer?

# Join Vita Nova!

## WORKSHOPS TIMETABLE SUMMER 2025

Times may vary - check our website and social media for up-to-date info  
All groups are for people in recovery only

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### Vita Photo

**Tuesday: 10 am - 12 pm**

**Facilitated by: Martin**

Come along and connect with photography. A class for all levels where you will be met wherever you are in your journey with making pictures.

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### Vita Music

**Wednesday: 10 am - 12 pm**

**Facilitated by: Jack**

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**

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 - 12.30 pm**

**Facilitated by: Alice**

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.

**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**



Charity number: 1092735

