

New Start New Life

Join Vita Nova!

Workshops Timetable

Autum 2025

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

Breathing Circle

Tuesday: 10 - 11.30 am (From 16th Sep)

Facilitated by: Seraphim

This group is for: Non-members (£10) and members (£5 or donation)

We create a safe and supportive space where you can slow down, release tension and reconnect with yourself.

Vita Music

Wednesday: 10 am - 12 pm (From 17th Sep)

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.

Community Theatre Group

Wednesday: 1 - 3pm (From 17th Sep)

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.

Creative Writing

Friday: 10.30 am - 12.00 pm (From 12th Sep)

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.

StoryLab

Friday: 1.30 - 3 pm (From 27th Sep)

Facilitated by: Ivan

This group is for: Recovery Only

StoryLab is a playful, supportive space to explore storytelling, improvisation, and performance. No experience needed—just curiosity! Together we'll shape new theatre projects in the making.

To join you need to get in touch by email

reception@vitanova.co.uk

or call us on 01202 309999