



Skipton Step into Action



Nurturing Growth

What is Nurturing Growth?

Nurturing Growth is an extension of our successful Ground Yourself in Green project, delivered over the Spring and Summer months in Aireville Park. During this time, we have built on strengths and friendships of local people, everyday skills and community spaces and we continue to encourage people to come together in a safe and relaxed environment.

As we transition into Autumn, we are moving our wellbeing activities indoors to Skipton Town Hall.

Activities on offer

A range of inclusive activities are on offer for adults living in Skipton and South Craven (including surrounding villages)

- Mindful Walks
- Coffee & Chat
- Creative Mindfulness
- Yoga
- Tai Chi*

*Additional to the free Nurturing Growth programme, Skipton Step into Action Members will be invited to enjoy Tai Chi with Val Preston from Truly Essential Holistic Therapy at the discounted rate of £6.50/hour

Dates & Times

Nurturing Growth will run on a Thursday for 12 weeks, starting on Thursday 7th October 2021 until Thursday 20th January 2022 (excluding 14th October, 28th October, 23rd December, 30th December) at Skipton Town Hall

Schedule of Activities

10am - 11am Mindful Walks/Coffee & Chat

11.15am - 12.15pm Creative Mindfulness

12.30pm - 1.30pm Yoga

2pm - 3pm Tai Chi

Booking information

To reserve your place on the Yoga and Mindfulness sessions, or if you require further information, please contact Skipton Step into Action, Tel no: 01756 802098 (Mon - Fri 9am - 1pm) or email: support@ssia.org.uk. Please note, these sessions are free of charge.

To book the Tai Chi sessions please contact Val Preston on 07813 662625

