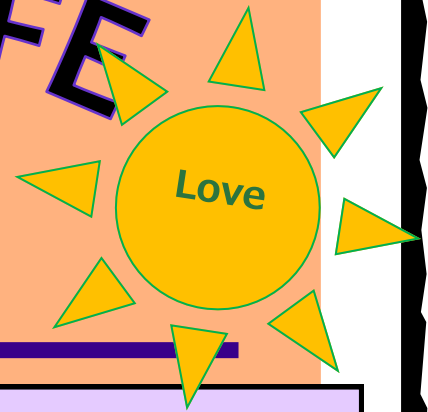


Participants  
enjoy lunch  
@ 12 noon

# SKILLS CAFE



*Housing Advice, Advocacy and Support*



Wednesday Workshops@ Manna House

## October 2023

**4th October Love apples**

**10am—12noon** Get ready to crumble! Make  
your own seasonal pud to take home

**11th October Love your heart**

**10am—12noon** Learn how to make your steps  
count with pedometers

**18th October Love the Season**

**10am—12noon** Autumn walk and foraging

**25th October Love History**

**10am—12noon** Walk to Quaker Tapestry

Please let Manna House staff know if you plan to attend.

01539 725534 or [clare@manna-house.org.uk](mailto:clare@manna-house.org.uk)