

Connecting Threads

tranquillity through meditative slow stitching
....for those who may be in need of some social support....



Meditative, mindful, hand stitch, offered **FREE ON ZOOM** to those who might be stressed, anxious, be experiencing low mood or who feel isolated

- only simple stitch techniques necessary
- if you are not a stitcher you will be shown how
- any fabric, thread and needles that you already have are suitable

Wednesdays a.m. 10.00 – 12.00

.....AND A NEW GROUP STARTING.....

Tuesdays p.m. 7.00 – 9.00

“this simple way of stitching meditatively saved me from horrendous levels of anxiety”

“I take my stitching when I go somewhere that is scary for me, it helps me to feel safe”

FOR FURTHER INFORMATION

whether for Self-Referral, Social Prescribing, or a Community Provider

website: www.mollytufnell.co.uk

email: mollytufnell@btinternet.com

phone: 07762 562997

I am an artist mainly using textiles, a qualified teacher and have experienced the benefits of meditative slow stitching for my own mental health.