



# Ukulele

For all levels (even complete beginners!!). The Ukulele group is a fun way to express yourself musically. It will improve your memory and communication but also develop your confidence. If you ever dreamt of being in a band this is the GROUP FOR YOU!

It's easier than you think!

Every Friday at 10ish

## Reduce the Use

Reduce the use is a 12 week program, designed by SAOL to help participants maintain or reduce their use. The program looks at triggers and dangers of use through interactive group work.

There will be a graduation after the 12 modules! Every Friday 11:00

## Health

SAOL covers a number of health services.

**WellWoman:** SAOL will support you in a full body check (i.e. smears etc.) with hospitals. SAOL will go to the hospital with you to support you!

**HEP C Awareness:** SAOL holds a HEP C awareness group that aims to educate and support all things HEP C related!

**Healthy Eating:** is a group where we cook healthy and tasty food. All these recipes are aimed at replenishing the body (i.e. the liver). This group is educational, fun and also a nice excuse to eat tasty food!

Every Thursday at 11:00



What will You Choose?



## DRAMA

Drama is a great way to build your self-confidence, improve communication skills and express yourself creatively. Part of the group also focuses on learning about different styles of theatre, and this includes trips to see live theatre, we have recently visited the Abbey Theatre and Smock Alley.

It doesn't matter if you haven't done drama before all SAOL sisters are welcome! It is a safe space to come up with ideas, explore emotions, test your memory but most importantly have fun!

Expect crazy games and lots of laughter.



**Every Monday at 2:00**



## Art

Art is an amazing and therapeutic way to give your head a rest and let your creativity flow. With all types of art utilities (painting, pastels, drawing) there is no limits to the places your creativity can take you.

Art at SAOL is about taking time to yourself, to slow down and relax from the busy world (and to create the odd 'Mona Lisa' or two).

**Every Monday at 10:30**



## Yoga

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Yoga improves strength, balance and flexibility. Yoga also releases any toxins and helps the digestive system and liver.

With SAOL yoga is a very calming and relaxing reset of the mind and body. With SAOL Yoga isn't too physically demanding so all are welcome!

**Every Tuesday at 10:30**

