



Better Days for BLMK provide workshops with a focus on emotional wellbeing for young people up to the age of 25 in Bedfordshire, Luton and Milton Keynes. We aim to promote conversations around mental health, helping to reduce stigma and form connections.



Scan here to find us on social media, book onto workshops and find out more!

**FEB 2023**

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# BETTER DAYS

## Upcoming Workshops



### Daffodil planting

Come outside and get your hands dirty! We'll be planting daffodil bulbs for spring!

All Ages

21st February

12noon - 2pm

Luton Hoo Memorial Park,  
Luton, LU1 3RP

### Dance Workshop

A relaxed dance and movement session; connect with music and express yourself through movement.

No experience needed :)

Ages 16-25

Thursday 15th February

5:30pm-7pm

Hat Factory, Luton

LU1 2EY



Click me to book!



### Drama Workshop

This drama workshop explores ways of creating performance, through expressive games and exercises.

No experience needed :)

Ages 14-18

Monday 12th February

5.30pm -7pm

The Palace Theatre

Bedford MK40 3DE

### Coming next...

*Gaming ...*

*Arts and Crafts ....*

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## News/ Feedback

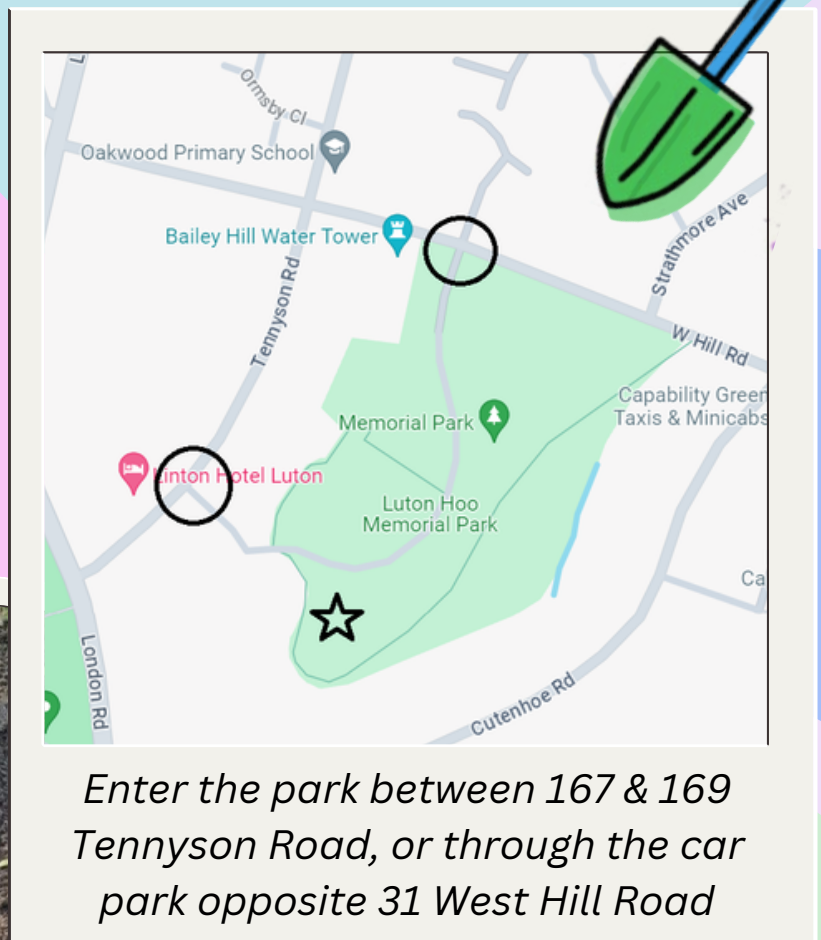
### Groundworks

As one of our most popular sessions, we are pleased to announce we will continue to work with Groundworks in 2024.

Being outside and getting involved with nature can be so rare- which makes our sessions extra fun!



*The Luton groundworks site is just behind the tennis courts, close to the Tennyson Road entrance- we're the star on the map! Park entrances are marked with circles.*



*Enter the park between 167 & 169 Tennyson Road, or through the car park opposite 31 West Hill Road*



**@BetterDaysBLMK**  
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What do Better Days look like for you?

Follow our Instagram for frequent tips, updates, events - and send us a message if you want to recommend a workshop!

Follow us @BetterDaysBLMK



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