



POP IN & POWER UP



Supported by
**Mid & East
Antrim**
Borough Council

**POP IN & POWER UP
ON COMMUNITY IDEAS**

**Come and talk shop about all things community
18 -25 October.**

Pop in to Ballymena Tower Centre & visit Eden Project Communities, you'll find us opposite Primark and theres a cuppa and slice of cake with your name on it.

Ask for:

- your fab free Eden Project bag for life packed full of ideas.
- access to the network for peoplewho make good things happen in community.
- Fundraising ideas for Month of Community
- details on how to be an offical part of the Queens Platinum Jubilee, with The Big Jubilee Lunch.

**121 COMMUNITY CONVERSATIONS & A WEE TASTE OF VOLUNTEERING
TUESDAY- FRIDAY 9:30 -12:00**

Drop in to seek 121 advice, information and ideas, Or bring a few friends and enjoy some fun volunteer activity with Wenda from Volunteer Now

**NEIGHBOURLY APPROACHES TO LONELINESS
WEDNESDAY 3:00 -5:00PM BOOKING ESSENTIAL**

Tracey Robbins shares 12 years+ experience working on Loneliness in Community settings. Head of UK wide delivery at Eden Project Communities, she previously led Joseph Rowntree Foundation's programme 'Neighbourhood approaches to loneliness', a place based action research programme and represents Eden Project Communities partnership on the cross political party Commission for loneliness. Join us for this workshop explore your own ideas and actions to deliver change.

CRAFTERNOON TEA

Take the weight of and enjoy a crafty hour or even two! Its networking made easy. A joyful session for people of all ages who work or volunteer in community. The Afternoon tea is on us, we think you deserve it!

If you book more than one slot state your preference please as we have limited spaces.

**CRAFTERNOON TEA, GLASS ART MADE EASY
TUESDAY 2:00 -4:00PM BOOKING ESSENTIAL**

**CRAFTERNOON TEA, GLASS ART MADE EASY
THURSDAY 2:00 -4:00PM BOOKING ESSENTIAL
6:00 - 8:00PM**

**CRAFTERNOON TEA, DECOUPAGE PLANT POT
WITH ARTIST NORMA BEGGS
FRIDAY 2:00 -4:00PM BOOKING ESSENTIAL**

**PLANT THE SEED - A WEEKEND OF GREEN IDEAS
SATURDAY & SUNDAY - DURING OPENING HOURS**

Bring a book, plant, seed or toy, something to swap and gain entry to our money free market place for all ages. Share ideas and consider how we can be more sustainable in our communities.

TO BOOK email
gmccloskey@edenproject.com
Include your name & number, the day, time & title
of the session you want to attend.