



A Little Glimmer

Finding the positives in the difficult times and trying to find hope in the dark, can be testing. We need a sense of perspective and to look at what we can do and not what we can't do. Looking for the best outcomes in challenging situations and using opportunities that are presented. If you are struggling with change, look at exploring options trying to see the positives in these new opportunities. A new challenge can be liberating if you break down any problems into proportions concentrating on what's important. Control what you can and accept what you can't.


Appreciating the good things in life and focusing on the positives to lift your spirits will help you to feel brighter, more empowered and optimistic despite inevitable setbacks. Being grateful for all the things that are good are all things that will help you through the difficult times and overcome life's challenges. Negative influences will bring you down if you let them.

Finding the good and with the right support network will all help to lift the dark clouds for you to see the sun shine through. If you see a little glimmer

Zoom virtual coffee mornings continue on a Saturday morning as do art lessons on a Wednesday, both from 10am.

Join us at our next **coffee morning** on Monday 7th March from 10.30am at Dobbies Garden Centre. An informal get together for a chat and a laugh over a cuppa!

CPHG next meeting is on Thursday 17th March from 2pm at Southgate Community Centre.

 Find us on Facebook

Positively Crafty

6 themed Crafty crates
Pop-up-Insert Card

No matter what type of craft you do, you can lose yourself in the moment and become so absorbed in the enjoyment, time almost stands still.

The next crafty session is on Thursday 3rd March from 1.30-4pm. Making a card using the stamping method.

