



**Canal &
River Trust**

Making life better by water

Waterways Wellbeing

Craft Sessions

Foxton Locks Canal Museum



Instagram: [Waterways_Wellbeing_Leicester](#)

Waterways Wellbeing

Do you live in Oadby, Wigston, Blaby or Market Harborough and do you want a wellbeing boost? Come and take part in our free craft sessions.

Being near water hugely improves your wellbeing, making you feel happier and healthier. Join us for our Wellbeing Craft Sessions and enjoy our beautiful waterways.

Our sessions are taking place at Foxton Locks in collaboration with the Foxton Canal Museum.

Thursday 3rd Aug 10am-12pm

Thursday 10th Aug 10am-12pm

Thursday 17th Aug 10am-12pm

Thursday 24th Aug 10am-12pm

Thursday 31st Aug 10am-12pm

Pre booking is essential. Over 18's Oadby, Wigston, Blaby and Market Harborough residents only.

Do you want to meet new people and learn new skills? Our small, informal group sessions will help reduce stress, anxiety and social isolation. Time near the water will improve your mental wellbeing.

These sessions are open to over 18s, participants can be referred onto them via social prescribers, link workers, community and faith groups or through other charities. We also take self-referrals. Please get in touch to refer a friend, relative or yourself.

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