



# Connect & Create

Connect & Create is series of activities for us to come together online to get creative and feel part of a community.

Theatre ~ Songwriting ~ Filmmaking  
Meditation ~ Games

17th August - 25th September

The sessions are for anyone who would like to take part, especially those who are seeking sanctuary. If you have children or family at home they can join in too.

We are able to provide data for people seeking sanctuary. Please contact 07854261787 if you need help joining the sessions.

Sign up at: [connect.cityofsanctuary.org](https://connect.cityofsanctuary.org)

**DISPLACE YOURSELF THEATRE**

 City of Sanctuary UK

 citizen  
songwriters

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Aug 2—4pm <b>Shared Voices</b>	18 Aug 4—6pm <b>Sanctuary Songwriting</b>	19 Aug 4—6pm <b>Creative Filmmaking</b>		21 Aug 2—3pm: <b>Rest and Relax</b> 4—5pm: <b>Funday Friday</b>
24 Aug 2—4pm <b>Shared Voices</b>	25 Aug 4—6pm <b>Sanctuary Songwriting</b>	26 Aug 4—6pm <b>Creative Filmmaking</b>		28 Aug 2—3pm: <b>Rest and Relax</b> 4—5pm: <b>Funday Friday</b>
31 Aug 2—4pm <b>Shared Voices</b>	1 Sept 4—6pm <b>Sanctuary Songwriting</b>	2 Sept 4—6pm <b>Creative Filmmaking</b>		4 Sept 2—3pm: <b>Rest and Relax</b> 4—5pm: <b>Funday Friday</b>
7 Sept 2—4pm <b>Shared Voices</b>	8 Sept 4—6pm <b>Sanctuary Songwriting</b>	9 Sept 4—6pm <b>Creative Filmmaking</b>		11 Sept 2—3pm: <b>Rest and Relax</b> 4—5pm: <b>Funday Friday</b>
14 Sept 2—4pm <b>Shared Voices</b>	15 Sept 4—6pm <b>Sanctuary Songwriting</b>	16 Sept 4—6pm <b>Creative Filmmaking</b>		18 Sept 2—3pm: <b>Rest and Relax</b> 4—5pm: <b>Funday Friday</b>
21 Sept 2—4pm <b>Shared Voices</b>	22 Sept 4—6pm <b>Sanctuary Songwriting</b>	23 Sept 4—6pm <b>Creative Filmmaking</b>		25 Sept 2—3pm: <b>Rest and Relax</b> 4—5pm: <b>Funday Friday</b>

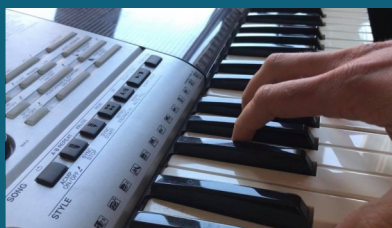
## Shared Voices

Get creative, boost your confidence and try something new with **Displace Yourself Theatre**. Fun and easy-going activities to learn about different ways of finding your inner voice and what you want to say.



## Sanctuary Songwriting

Citizen Songwriters takes you through the process of writing lyrics, creating melodies and crafting original songs. These sessions are open to all regardless of musical ability.



## Creative Filmmaking

Our drop-in film club will give you practical tips on how to make short films on the things that matter, whether for your own pleasure or to share on social media.



## Rest and Relax

Wind down with this slow-paced, relaxing restorative class. Gentle and grounding yoga movement, blended with seated and lying postures invite the body and mind to release and rest deeply. You will be guided in soothing meditation to reduce mental agitation and find a sense of peace.



## Funday Friday

A fun and safe meeting place on a Friday brought to you by the City of Sanctuary's Sanctuary Ambassadors. Expect quizzes, online games and a chance to check in at the end of the week.

