

# Arts and Crafts Sessions for Older People

Achievable, enjoyable and affordable projects, created to meet the needs of individuals.



For more information and bookings phone:

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More details of both my Arts and Crafts and Music Activity sessions can be found at:  
[www.josparks.co.uk](http://www.josparks.co.uk)



**You really improve our residents' quality of life"**

**"I give all of my art to my grand- daughter and she can't believe that I've made it!"**

**"It was extremely well-organised and planned. The afternoon flew past"**

**"I really look forward to these sessions"**

*Beautiful, simple and age-appropriate arts & crafts designed with the older person in mind*  
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Simple, Stimulating and Age Appropriate Activities for Older People

# Arts and Crafts Sessions



Offered by

**Jo Sparks**  
[www.josparks.co.uk](http://www.josparks.co.uk)