Virtual Community Centre Sessions at UP

All sessions are online, accessible, and free. You can join from home, at times that work for you, with people who understand.

Mindfulness (every Thursday, 2pm – 3pm)
These sessions offer a chance to learn practical techniques and build a regular mindfulness practice. They're open to everyone and suitable for all, whether you're experienced in mindfulness or completely new to it.

Book Club (last Monday of every month, 1:30pm – 2:45pm)
Our Book Club brings people together through a shared love of reading. It was created in response to repeated requests from our community. Whether you're an avid reader or just curious to try something new, all you need is enthusiasm and an open mind.

Art for Wellbeing (every Tuesday, 2pm – 3:30pm)
These sessions focus on creativity, connection, and self-expression. You'll explore a variety of fun activities, including collaborative drawing, creative games, mood boards, photo challenges, mindful mark-making, and community art projects. Whether you're an experienced artist or simply curious to give something new a try, come along.

Slater & Gordon (28th July 10am - 2pm and 30th July 6pm - 9pm)
Free legal advice sessions providing a safe and confidential space for our members to speak with a legal expert about their circumstances. Slater & Gordon has specialist lawyers who can discuss any concerns or questions you may have about medical care or treatment.

Midweek Matters (every Wednesday, 6:30 – 7:30pm)
Our Wednesday evening sessions bring the community together to share experiences, hear from experts, and explore topics that matter to adults with cerebral palsy.

Lighthouse Sessions (every month)
Lighthouse Sessions offer clear, reliable information on key topics that matter to our community. These online workshops bring together expert insight, research, and lived experience to explore each subject in depth.

New Members Meeting (first Monday of every month, 12:30pm – 1:30pm)
Thinking about getting involved but not quite sure where to start? Or perhaps you've recently joined and would like to put some faces to names? This is a chance to learn more about the community, find out how to make the most of your membership, and ask any questions you may have.

How to book:

Book your place through Ticket Tailor on our website: upmovement.org.uk

For more information, contact Louise, our Community Manager.
louise@upmovement.org.uk