

**Blackfriars**  
SETTLEMENT

Creating New Opportunities Together

**Soft Craft sessions**  
at Blackfriars Mental  
Health and Wellbeing  
Service with highly  
respected textile  
artist **Najlaa Khalil.**



**EVERY THURSDAY 10.30 – 12.30.**  
**SESSIONS ARE £20 FOR**  
**PERSONAL BUDGET HOLDERS.**



Najlaa will help you develop or recover skills in **sewing, hand knitting, patchwork** and **crochet**. Use these skills for making simple repairs or to customise your long-worn clothes and freshen up your wardrobe. If you like new and hand crafted, you could crochet a dress or headscarf, make a patchwork cushion cover or be wild and design something unique to you. Tapestry is also available.

What people have said about Najlaa's classes... Najlaa is "a lovely person", "very patient", "shows us how to do things well". "I like crochet it makes me feel relaxed and I care about it", "you can do your own projects and take your own time", "it got me out of the house as part of my recuperation from illness" "I love to crochet, get help from Najlaa and I feel proud when people tell me that it is nice", "very sociable – a "chance to chat"...

Contact Mannie Onyeje on 020 7928 9521 e-mail [mannie.onyeje@blackfriars-settlement.org.uk](mailto:mannie.onyeje@blackfriars-settlement.org.uk) to arrange to pop in for a taste of what learning soft craft skills can do for you.