

Arthur's Shed November 2022 - Open to all, free of charge, suggested donation of £5 – Contact 01223 675871/ Arthurs.shed@Arhc.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10.30-12 Clay work with Rosemarie		10.00-12.00 Sugar Craft with Brenda 3.30-4.45 Mindful Moments with David	10-11.30 Astronomy with Peter
7	8	9	10	11
	10.30-12 Clay work with Rosemarie	1.30-3 Still Life Drawing with Helena	10.00-12.00 Sugar Craft with Brenda	10-11.30 Astronomy with Peter
14	15	16	17	18
	10.30-12 Clay work with Rosemarie		10.00-12.00 Sugar Craft with Brenda 2-3 Paper Crafts with Rosemary 3.30-4.45 Mindful Moments with David	10-11.30 Astronomy with Peter
21	22	23	24	25
	10.30-12 Clay work with Rosemarie	1.30-3 Still Life Drawing with Helena		10-11.30 Astronomy with Peter
28	29	30		
	10.30-12 Clay work with Rosemarie			

Arthur's Shed, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, CB22 3AB. Babraham Park & Ride Bus

For more information, please turn over

What is Arthurs Shed?



Arthur's Shed is a purpose-built studio set in the beautiful grounds of the Arthur Rank Hospice. Sessions are open to the public, you do not need to have a connection with the charity to attend. Sessions are free of charge although a suggested donation of £5 is welcomed to cover the cost of materials. Sessions can be booked onto by calling 01223 675871 or emailing Arthurs.shed@arhc.org.uk. To keep everybody safe sessions must be booked onto in advance.

Paper Crafts: Learn to make paper hedgehogs and other paper crafts.

Astronomy: Learn all about the sun, moon and stars and build your very own sun dial! (We recommend attending all 6 sessions)

Clay Work: Design and decorate small, air-dried clay sculptures

Sugar Craft: Make a beautiful sugar craft posy. Attendees should complete all three sessions to complete the posy.

Mindful Moments is a quiet opportunity to meet other people in a similar situation and learn how to practise mindfulness meditation as a self-care skill to reduce stress and anxiety and promote a sense of wellness and connectedness to others and to nature.



Coronavirus: To ensure everyone's safety we:

- Ask that you wear a mask throughout the session if the session lead requires it
- Have limited each session to 4 people to socially distance
- Thoroughly clean and ventilate the space between sessions
- Ask that you cancel your session if you or someone you live with has covid 19 symptoms or tests positive

If you have any questions about our covid 19 protocol please contact us on Arthurs.shed@arhc.org.uk or 01223 675871

Why not find us online at: <https://www.arhc.org.uk/open-to-all/arthurs-shed/>

Contact us at Arthurs.shed@arhc.org.uk to join our mailing list