

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
No Sessions		10:30-11:30 Card Making with Jill	3:30-4:45 Mindful Moments with David	No sessions
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
No Sessions	10:30-12 Clay work with Rosemarie	10:30-11:30 Card Making with Jill 1:30-3 Still Life Drawing with Helena	No sessions	No sessions
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
No Sessions	10:30-12 Clay work with Rosemarie	10:30-11:30 Card Making with Jill	3:30-4:45 Mindful Moments with David	No sessions
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
No Sessions	10:30-12 Clay work with Rosemarie	10:30-11:30 Card Making with Jill 1:30-3 Still Life Drawing with Helena	No sessions	No sessions
<b>29</b>	<b>30</b>	<b>31</b>		
No Sessions	10:30-12 Clay work with Rosemarie	10:30-11:30 Card Making with Jill		

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](mailto: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.

**Card Making:** Learn to create beautiful cards, follow a design or see where your imagination goes.

**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 post

**Model Railway:** Build and use our large model railway with fellow enthusiasts!

**Mindful Moments:** Step back from your busy schedules and practise some stress reducing techniques to take good care of your heart and mind



**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

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

Contact us at [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk) to join our mailing list