

Arthur's Shed August 2024- Open to all, free of charge, suggested donation of £5 – Contact Arthurs.shed@Arhc.org.uk or 01223 675777

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			2-3 Laughter Yoga with Sue	10-11.15 Astronomy with Peter
5	6	7	8	9
No sessions	10:30-12 Clay with Rosemarie 2.00-3.00 Meditation with Daksha	No sessions	No sessions	10-11.15 Astronomy with Peter
12	13	14	15	16
No sessions	10:30-12 Clay with Rosemarie 2.00-3.00 Meditation with Daksha	10:30-12:00 Card Making with Jill 1.30-3 Still Life Drawing with Helena	2-3 Laughter Yoga with Muriel	10-11.15 Astronomy with Peter
19	20	21	22	23
No sessions	10:30-12 Clay with Rosemarie 2.00-3.00 Meditation with Daksha	Flower Arranging with Laura 11-12:30	No sessions	10-11.15 Astronomy with Peter
26	27	28	29	30
No sessions	10:30-12 Clay with Rosemarie 2.00-3.00 Meditation with Daksha	10:30-12:00 Card Making with Jill 1.30-3 Still Life Drawing with Helena	2-3 Laughter Yoga with Muriel	10-11.15 Astronomy with Peter

Arthur's Shed, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, CB22 3AB. Please note, the hospice car park is for use by our patients and their visitors, please park at the Babraham Park & Ride.

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 by emailing Arthurs.shed@arhc.org.uk or calling 01223 675777. Sessions must be booked 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!

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

Still Life Drawing: Come along and enjoy Still Life Drawing and find your hidden talent!

Laughing Yoga: Combine laughter exercises and deep breathing to lift your mood and energy (no acrobatics required)

Meditation: Relax and unwind with guided meditation

Flower Arranging: Learn to make beautiful arrangements by our skilled florist

Parking

If arriving by car, please park at the Babraham Park & Ride, CB22 3AB, next door. The footpath to the Hospice is signposted on the left as you drive into the park & ride. Parking is free of charge for up to 18 hours at the Park & Ride. Please note the hospice car park is for use by our patients and their visitors (there are a limited number of disabled bays if you need one).

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