

Arthur's Shed November 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
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4	5	6	7	8
No sessions	2.00-3.00 Meditation with Daksha	1:30-3 Still Life Drawing with Helena	10:30-12 Clay Work 2-3 Laughter with Sue & Muriel	10-11.15 Astronomy with Peter
11	12	13	14	15
No sessions	2.00-3.00 Meditation with Daksha	No sessions	10:30-12 Clay Work	10-11.15 Astronomy with Peter
18	19	20	21	22
No sessions	2.00-3.00 Meditation with Daksha	1:30-3 Still Life Drawing with Helena	10:30-12 Clay Work 2-3 Laughter with Sue & Muriel	10-11.15 Astronomy with Peter
25	26	27	28	29
No sessions	2.00-3.00 Meditation with Daksha	No sessions	10:30-12 Clay Work	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.

What's on?

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: 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

Accessibility

Arthurs Shed is on the ground floor and wheelchair accessible. We have disabled toilets in the main building and disabled parking on site if needed. We welcome support workers or carers. Sessions are informal and you are welcome to step out if you need to, we have quiet spaces available for you to use if you need them. If you would like to view the space or route beforehand please let us know. Please contact us on 01223 675871 if you have any specific needs or queries relating to accessibility.

Getting to us

Please park at the Babraham Park&Ride unless you need to use on-site car parking for a health condition, this car park is free to use. If arriving by bus you will see a sign towards a footpath which will take you to the Hospice site. If cycling you are welcome to park your bike on the racks at the front of the building. If on foot we recommend you use the path along Babraham Road and the footpath.

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