

**Arthur's Shed February** - Open to everyone, free of charge, suggested donation of £5 – Contact 01223 675777/ Arthurs.shed@arhc.org.uk

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
11-12 Henna with Hannah	2-3pm Meditation with Daksha	1:30-3pm Still Life Drawing with Helena	10:30-12 Clay with Rosemarie  2-3pm Laughter Workshop with Muriel & Sue	10-11:15 Astronomy with Peter
<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b>
11-12 Henna with Hannah	2-3pm Meditation with Daksha		10:30-12 Clay with Rosemarie	10-11:15 Astronomy with Peter
<b>17<sup>th</sup></b>	<b>18<sup>th</sup></b>	<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b>
11-12 Henna with Hannah	2-3pm Meditation with Daksha	1:30-3pm Still Life Drawing with Helena	10:30-12 Clay with Rosemarie  2-3pm Laughter Workshop with Muriel & Sue	10-11:15 Astronomy with Peter
<b>24<sup>th</sup></b>	<b>25<sup>th</sup></b>	<b>26<sup>th</sup></b>	<b>27<sup>th</sup></b>	<b>28<sup>th</sup></b>
11-12 Henna with Hannah	2-3pm Meditation with Daksha		10:30-12 Clay with Rosemarie	10-11:15 Astronomy with Peter

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. Sessions can be booked onto by calling 01223 675777 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 with Rosemary:** Learn to make paper hedgehogs and other paper crafts.



**Clay with Rosemarie:** Design and decorate small, air-dried clay sculptures



**Astronomy with Peter:** Learn all about the sun, moon and stars and build your very own sun dial!



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



**Laughing Workshop with Muriel and Sue:** Combine laughter exercises and deep breathing to lift your mood and energy (no acrobatics required)



**Meditation with Daksha:** Relax and unwind with guided meditation



**Henna with Hannah:** Explore the history of henna and have a go yourself!



**Coming in March.. Knitting with Suzanne, Wednesdays 1:30-3pm**

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 or on 01223 675777 to make a booking or ask a question!

