Arthur's Shed December 2026 –
Open to everyone, free of charge, suggested donation of £5 – Contact 01223 675777 or Arthurs.shed@arhc.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
30	**1**	**2**	**3**	**4**
		10:30-11:30 Chair Fit with Sarah 1:30-3pm Knitting with Suzanne		10-11:15 Astronomy with Peter
7	**8**	**9**	**10**	**11**
	2-3:30pm Meditation with Daksha	Clay & Mindful Drawing back in January 2026		10-11:15 Astronomy with Peter
14	**15**	**16**	**17**	**18**
	2-3:30pm Meditation with Daksha	10:30-11:30 Chair Fit with Sarah		10-11:15 Astronomy with Peter
21	**22**	**23**	**24**	**25**
	2-3:30pm Meditation with Daksha	Clay & Mindful Drawing back in January 2026		No sessions – Merry Christmas from Arthur's Shed!
28	**29**	**30**	**31**	**1**
	No sessions	No sessions	No sessions	No sessions

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 Arthur's 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. To keep everybody safe sessions must be booked onto in advance.



Chair Fit with Sarah: A gentle, supported fitness class to improve mobility, muscle strength and tone and build confidence with balance.



Clay with Polly: A creative space to 'make' with as much or as little guidance as you like. Polly will provide some examples, but you are welcome to freestyle!



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



Mindful Drawing with Helena: An informal session with a skilled Artist on hand for guidance. Learn to draw or simply do some mindful colouring, whatever brings you calm.



Knitting with Suzanne: Would you like to learn to knit or crochet or improve your existing skills? All levels are welcome so come along and give it a go! Materials provided or bring your own projects.



Meditation with Daksha: Relax and unwind with guided meditation.

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