



Arthur's shed sessions – April 2019



Arthur's Shed activities are run by our volunteers. Sessions are open to all, patients, relatives as well as the wider community. All sessions have a suggested donation of £2 would be appreciated. If you'd like to attend any of these sessions, please ask reception to book you in or call 01223 675777. www.arhc.org.uk/arthurs-shed.asp **Please book early to avoid disappointment.**

Easter bunnies

Come and make an Easter bunny, using a flannel, cream egg and ribbon. A fun gift.....or treat yourself!!!

Thursday 4th	11.00 - 1.00	Session run by Rosemary
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Flower workshop with a twist! New

Creative and fun flower workshop with a twist. Using beautiful fresh seasonal cut flowers and natural materials to make ecofriendly designs! Workshops will vary each month. Suggested donation of £5.

Friday 26th	11.00 - 1.00	Session run by Laura
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T'ia Chi New

T'ai Chi is a gentle and meditative form of exercise. Practice not only improves our physical health, including posture, balance, breathing and circulation, but also helps to calm the mind and relieve stress. In this class we will work with exercises that can be done standing or seated.

New people are always welcome to come and try it out!

Alison Warlow has been practising T'ai Chi for 25 years. She is registered as an advanced instructor with the T'ai Chi Union of Great Britain.

Thursday 4 th /25th	2.30 – 3.30	Sessions are run by Alison
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Cambridge Men's shed

The Cambridge Men's Shed is a community space for men to come together and enjoy creating things, meeting, chatting or just having a cup of tea. It could be a great way to spend some time creating something and having a bit of company as you do it. Contact cambridge.mensshed@gmail.com for more details

Tuesday - Every week	1.30-4.00	Sessions are run by Alex
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Still life drawing maximum of 7 people

This session is for anyone keen to draw in a social setting, whether you have no experience or have been drawing for years.

Wednesday 3 rd /17th	1.30 – 3.00	Session run by Helena
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Print making

Find out what creative printmaking can be done without a press or complicated equipment. Using water based inks and paints, printing from cloth, wallpaper and drawing into poly sheets. Suitable for beginners and for those wanting to experiment further. Aprons available but please wear clothes you are happy to use around paints.

Tuesday 16th

11.00-1.00

Session run by Pam

Healthwatch will be at the hospice – drop in

Do you use a doctor, hospital or dentist?
Your feedback could help make local health and social care services better.
We are the independent champion for people who use local health and social care services.
We listen to people across Cambridgeshire and Peterborough to find out what they like about services, and what could be improved.


Friday 12th April



11.00-1.00

Janine Newby- Robinson
from Healthwatch

Weaving Workshop Max 8 people

These sessions are for beginners to intermediate. Paula takes a broad, creative and flexible approach to her teaching, adapting to people's individual abilities and aspirations. Each participant will use a simple wooden frame to weave an item such as an inset for a cushion, or a small wall hanging. Various decorative techniques will be taught, using a variety of yarns to enhance colour and texture. 8 max. per any one session. 

Monday 1st/15th

10.00-12.00

Session run by Paula

Watercolours

Enjoy an engaged and relaxed watercolor painting session in a small group. No previous experience or materials required. Inspiration and guidance are provided for an enjoyable time

Friday 5th

11.00 – 12.30

Session run by Julia

Sugar craft – New session all welcome

Sugar craft is the art of creating flowers and leaves out of icing sugar paste. They are made using wires and the finished items look very similar to the real thing.

Thursday 25th

11.00 - 1.00 (Max 6 people)

Sessions are run by Brenda

Singing group

Come along and sing! This group is open to anyone who enjoys singing and would like to drop in and be part of our informal choir.

Mondays

1.30 – 2.30

Sessions are run by Julie

Address: Arthur's shed, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, Cambridge, CB22 3FB For Sat Nav please use CB22 3AB **By Park and Ride Bus:** If you are arriving to the Hospice by the Babraham Road Park & Ride bus, when you alight with the terminal in front of you, turn right and walk towards the car entrance (not the one you have just entered on the bus). There is a footpath and cycle path you can walk along, on the right-hand side of the road. You will then see the sign to the Hospice to the right of the car entrance and will be able to follow the path, across the road to the Focus School (please beware of drivers turning in here), and into the Hospice car park.



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Thursday 2 nd /9 th	2.30 – 3.30	Sessions are run by Alison
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Flower workshop with a twist! New

Creative and fun flower workshop with a twist. Using beautiful fresh seasonal cut flowers and natural materials to make ecofriendly designs! Workshops will vary each month. Suggested donation of £5.

Friday 17 th	11.00 - 1.00	Session is run by Laura
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Cambridge Men's shed

The Cambridge Men's Shed is a community space for men to come together and enjoy creating things, meeting, chatting or just having a cup of tea. It could be a great way to spend some time creating something and having a bit of company as you do it. Contact cambridge.mensshed@gmail.com for more details.

Tuesday - Every week Friday 10 th (trial session)	1.30-4.00	Sessions are run by Alex
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Air dried clay

Easy and surprising art activity. Have fun making and decorating arty clay fridge magnets or gifts and decorations. No previous art skills required.

Tuesday 21 st	11.00-1.00	Session is run by Pam
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Paper hedgehog making

Learn how to recycle books to create paper a hedgehog to take away as either a gift or for yourself.

Thursday 2 nd	11.00-1.00	Session is run by Rosemary
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Watercolours

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Friday 3 rd	11.00 – 12.30	Session is run by Julia
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Sugar craft

Sugar craft is the art of creating flowers and leaves out of icing sugar paste. They are made using wires and the finished items look very similar to the real thing.

Thursday 9 th /23 rd	11.00 - 1.00 (Max 6 people)	Sessions are run by Brenda
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Singing group

Come along and sing! This group is open to anyone who enjoys singing and would like to drop in and be part of our informal choir.

Mondays	1.30 – 2.30	Sessions are run by Julie
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Still life drawing

This session is for anyone keen to draw in a social setting, whether you have no experience or have been drawing for years.

Wednesday 1 st /15 th /29 th	1.00 – 3.00	Sessions are run by Helena
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Correct April 2019

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