

Creativity to Wellbeing Pathway – Monday 2pm – 4pm

Monday 6 th January	Odds & Ends – Myra
Monday 13 th January	Inner Weather - Marie
Monday 20 th January	Storytelling - Kirsty
Monday 27 nd January	Dance of Hope - Stefan
Monday 3 rd February	Ceramics - Kate
Monday 10 th February	Groove Dancing – Emma
HALF TERM HOLIDAY – NO WORKSHOP ON MONDAY 17TH FEBRUARY	
Monday 24 th February	Botanical Printing – Justine
Monday 3 rd March	Pastel Drawing – Romeo
Monday 10 th March	Singing – AJ Deane
Monday 17 th March	Creative Writing – Mai
Monday 24 th March	- Claudia
Monday 31 st March	Evaluation & Sharing

Creative Wellbeing Art Studio – Wednesday 2pm – 4pm

Wednesday 8 th January	New Beginnings – Karen
Wednesday 15 th January	Letting Go – Karen
Wednesday 22 nd January	Celebrating Robert Burns – Karen
Wednesday 29 th January	Indian Block Printing – Rahila
Wednesday 5 th February	A Bird in Hand – Karen
Wednesday 12 th February	Egged On – Karen
HALF TERM HOLIDAY – NO WORKSHOP ON WEDNESDAY 19TH FEBRUARY	
Wednesday 26 th February	Paper Cutouts – Karen
Wednesday 5 th March	Frottages – Karen
Wednesday 12 th March	Felt Making – Margaret
Wednesday 19 th March	Bug Bares – Karen
Wednesday 26 th March	Guest Artist – TBC
Wednesday 2 nd April	Printmaking Patterns – Karen

Creative Wellbeing Art Studio – Friday 11am – 1pm

Friday 10 th January	Make you Mark – Allan
Friday 17 th January	All at Sea – Karen
Friday 24 th January	Creating with Patterns & Texture – Karen
Friday 31 st January	The Year of the Snake – Karen
Friday 7 th February	Singing for Wellbeing – Music in Our Bones
Friday 14 th February	A Passage Through India – Allan
HALF TERM HOLIDAY – NO WORKSHOP ON FRIDAY 21ST FEBRUARY	
Friday 28 th February	Myths & Legends – Allan
Friday 7 th March	Printmaking – Kitty
Friday 14 th March	Furry Friends – Allan
Friday 21 st March	Spring has Sprung – Allan
Friday 28 th March	Guest Artist – TBC
Friday 4 th April	Location, Location, Location – Allan