

**NEETSIDE COMMUNITY HUB**  
**CRAFT AND WELLBEING SESSIONS**  
**TUESDAY, MEETING ROOM 18**

<b>02 January 2-4pm</b>	<b>Play with colour</b>
<b>09 January 2-4pm</b>	<b>Collage artwork</b>
<b>16 January 2-4pm</b>	<b>Terrarium making</b>
<b>23 January 2-4pm</b>	<b>Winter herbal health</b>
<b>30 January 2-4pm</b>	<b>Terracotta plant pot decorating</b>
<b>06 February</b>	<b><u>No session</u></b>
<b>13 February 2-4pm</b>	<b>Paper craft /Origami flowers</b>
<b>20 February 2-4pm</b>	<b>Drawing and stencilling on fabric</b>
<b>27 February 2-4pm</b>	<b>Needle felting</b>
<b>05 March <u>10am-12pm</u></b>	<b>Relaxation for the mind and body</b>
<b>12 March 2-4pm</b>	<b>Slow stitching</b>
<b>19 March 2-4pm</b>	<b>Silk painting – 10 spaces * get in touch to book a place</b>
<b>26 March 2-4pm</b>	<b>Mindful movement and music making</b>

**To find out more, and to book your place for sessions with \*  
contact [vika@neetside.co.uk](mailto:vika@neetside.co.uk) or 07308 266874**

The sessions are offered for free, but donations towards running these are gratefully received.