

AUTUMN TERM WELLBEING COURSES

All courses are free of charge



**Hampshire
Learns**
Skills & Participation



Lino Cutting

**Tuesday 7 September –
Tuesday 19 October,
10.30am – 12.00pm**

This workshop is suitable for complete beginners as well as those with a little experience of Lino Printing.

You will be shown all the basic techniques of Lino cutting and printing, step by step, to get you started. Using the materials and tools provided you will have the opportunity to create your own designs with the help of Lindsey your tutor.

A starter kit will be posted to you in advance of the first session.

This course will be delivered online via Zoom with a couple of face to face sessions at Westbury Manor Museum.

Dates of face to face sessions to be confirmed.

In Motion

**Monday 13th September –
Monday 8th November**

(No session Monday 25th October)

1pm – 2pm

This class is suitable for beginners or anyone wanting to try some fun and structured exercise in a friendly environment.

This class will get you moving away to all different types of music and is aimed at making you feel good! You will learn a variety of dance routines and will be guided into performing movements safely to help strengthen your body and maintain mobility.

You will also get an opportunity to be creative and explore different movement ideas and themes as a class. This class would be ideal for anyone wanting to meet others, in a supportive and friendly way!

This course will be delivered at Ashcroft Arts Centre in Fareham.



Needle Felting

**Monday 1 November –
Monday 13 December,
10.30am – 12.00pm**

This workshop is suitable for complete beginners as well as those with a little experience of the wonderful art of needle felting.

You will be shown all the basic techniques, step by step, to get you started. Using a colourful selection of wool, you will then have the opportunity to create your own designs with the help of Lindsey, your tutor.

A starter kit will be posted to you in advance of the first session.



This course will be delivered online via Zoom with a couple of face to face sessions at Westbury Manor Museum.

Dates of face to face sessions to be confirmed.

All courses are free of charge.

To book your place please contact:

deborah.neubauer@hampshireculturaltrust.org.uk

To be eligible for these courses you need to live in Hampshire.

