

SUMMER TERM WELLBEING COURSES

These courses will be run online via Zoom and are free of charge.

Poetry for Wellbeing

Monday 19 April – Monday 5 July,
10am – 12pm (no class 3 and 31 May)

Would you like space to write poems in order to express yourself and what matters to you?

Led by Hampshire Poet 2020, Kathryn Bevis, this is a live, online group for beginners that will be positive about you and your work.

Paper Flowers

Monday 19 April – Monday 21 June, 2.30pm – 4pm (no class 3 and 31 May)

This is the perfect workshop to introduce you to paper flower making.

You will be shown all the basic techniques, step by step, to get you started. You will have the opportunity to create beautiful, wilt-free flowers, with the help of Lindsey, your tutor. It's a fun, relaxed environment to try and develop a new skill in your home.



Lino Cutting

Tuesday 20 April – Tuesday 15 June,
10.30am – 12pm (no class 1 June)

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.*

Needle Felting

Tuesday 20 April – Tuesday 15 June,
2.30pm – 4pm (no class 1 June)

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.*



Get Stuck in to Collage

Tuesday 27 April – Tuesday 25th May,
10.30am – 12pm

Enjoy the accessible and satisfying effect of collages.

You do not need to know how to draw! Make unique collages with what you have at home: magazines, newspapers, food packages, cards, odds and ends. Experiment with different techniques and turn your collages into cards, artworks, photo albums.

Explore and Draw the Hampshire Cultural Trust Collections

Monday 19 April – Monday 21 June,
10.30am – 12pm (no class 3 and 31 May)

The vertebrate collection cared for by Hampshire Cultural Trust contains just over 200 mammals, 30 reptiles, 70 fish and 5000 bird and egg specimens.

Even if you've never drawn before, this course is an excellent way to observe the collections and develop your drawing skills.

Suitable for complete beginners, tutor Lindsey will guide you step by step and show you fun ways in mark making! It is your time for you to relax, observe and enjoy the collections!

* Starter kits provided.

To book your place please contact:
deborah.neubauer@hampshireculturaltrust.org.uk

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

