

Creative, empowering skills workshops for better mental health.

Workshop & Events Calendar January 2019

Workshop / Event	Dates	Day and Time	Venue	Extra Information
Gardening or VegBox Project	7 th , 14 th , 21 st , 28 th	Mondays 11am – 1pm	Whitehill Allotments– Off Elfleda Road, Cambridge, CB5 8LZ	Wear old warm clothes & sturdy boots or wellies and bring a flask or something to drink and snacks for sustenance.
Gardening or VegBox Project	9 th , 16 th , 23 rd , 30 th	Wednesdays 11am - 1pm	Whitehill Allotments– Off Elfleda Road, Cambridge, CB5 8LZ	Upcycling pallets to make raised beds for people in the community to grow vegetables in. Provided with liner, soil and vegetables to make growing easier. Let us know if you'd like one.
Coffee Morning	16 th	Wednesday 10.30am – 12pm	Castle Street Methodist Church, Castle Hill, CB3 0AH	Come along for a cup of tea or coffee and a slice of cake. Donations are always gratefully received.
Art	10 th , 17 th , 24 th , 31 st	Thursdays 2pm – 4pm	Castle Street Methodist Church, Castle Hill, CB3 0AH	Art for everyone! Practise your drawing skills or hone your painting techniques. All materials will be provided. Come along and practice your French skills through relaxed conversational methods. Ever wanted to unleash your inner writer? Now is your chance to try some creative writing with some relaxed and friendly exercises.
French Conversation	10 th , 24 th	Thursday 2pm – 3pm		
Creative Writing	17 th , 31 st	Thursday 2pm - 3pm		
Art / Mindful Colouring / Computer Skills	11 th , 18 th , 25 th	Fridays 2pm – 4pm	Castle Street Methodist Church, Castle Hill, CB3 0AH	All levels welcome for computer skills. Get online, set-up an email or search for jobs. And another opportunity to be creative at an extra Art session, requested by members.

Make, Do and Mend © 2019 is a not-for-profit organisation supported by Castle Street Methodist Church, People's Health Trust, Waitrose and Cambridge Rotarians. Company Ltd by Guarantee No. 7506903.

Post Address: 5 Signet Court, Swann Road, Cambridge, CB5 8LA.
Telephone: 07736916431 Email: makedoandmendmail@gmail.com

Web: www.makedoandmendinfo.co.uk

Facebook: <https://www.facebook.com/makedoandmendcambridge>

Twitter: [@MakeDoAndMendEU](https://twitter.com/MakeDoAndMendEU)

Instagram: [@makedoandmendcams](https://www.instagram.com/makedoandmendcams)