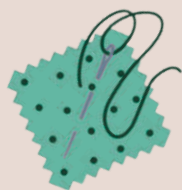


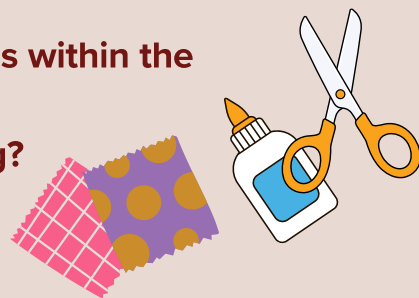
AYLESBURY CREATIVE HEALTH & WELLBEING PROGRAMME

PROGRAMME EXTENDED!

Six more workshops available in February & March 2026
(no cost to attend any session, all materials are provided for you)



- ? Looking for a new hobby or to learn a new skill?
- ? Interested in making new friends and connections within the community?
- ? Want to try something creative for your wellbeing?
- ? Ready to explore creativity in a new way?



THURS 12 FEB 1-3PM

Zine-making

One of the most popular original sessions - Design and create a zine (a small art booklet) using collage and mark making techniques

WED 25 FEB 10AM-12PM

Freeform Weaving

Introducing basic weaving techniques to create a small woven coaster, bookmark or artwork using yarn and recycled materials

TUE 3 MAR 10AM-12PM

Hand sewn notebooks

Learn how to create a hand-sewn notebook; optional to bring back a cyanotype print from previous workshop to use as a book cover

WED 4 MARCH 1-3PM

Slow Stitch and Breathe

Another popular original session - Learn a new/different basic stitching technique and use that skill to slow stitch a mini art quilt/coaster

TUE 10 MAR 10AM-12PM

Positivity Printing

Create a print using a lino block as a base, using different techniques to develop the skill, including water and stencilling

WED 11 MAR 10AM-12PM

Glass bowl decoupage

Decoupage is the art of decorating an object by gluing coloured paper cut-outs onto it in combination with other decorative elements

How do you register for sessions?

Register for & come along to one, two or all six sessions by emailing rose.coleman2@nhs.net confirming which session/s you'd like to attend

Where?

Buckinghamshire Community Wellbeing Hub,
Buckinghamshire New University's Aylesbury Campus
Walton Street, Aylesbury, HP21 7QG

