

# AYLESBURY CREATIVE HEALTH & WELLBEING PROGRAMME



- ? 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?

We are offering 8 weeks of creative health and wellbeing workshops (no cost to attend, all materials provided) on Fridays, in Aylesbury, in Autumn 2025

26TH SEPT | 10AM - 12PM

## Madhubani art

A heritage Indian folk art form & the session will include making natural colours from vegetables and painting on handmade paper

3RD OCT | 10AM - 12PM

## Medicinal Movement & Spoken Word

A creative movement and poetry workshop that brings together rhythm, memory, emotion, and connection

10TH OCT | 10AM - 12PM

## Voicing Yourself Happy

A workshop for the whole body, bringing together music and sound through noises, improvisation and singing

17TH OCT | 1 - 3PM

## Zine-making

Design and create a zine (a small art booklet) using collage and mark making techniques



24TH OCT | 1 - 3PM

## Cyanotype printing

A historic alternative photographic process that creates amazing blue images, using different objects to explore the technique



14TH NOV | 10AM - 12PM

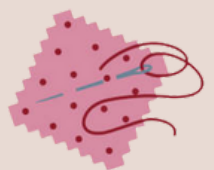
## Realising your Creative Magic

A drama and performance based workshop utilising movement, improvisation, clown and therapeutic wellness techniques

21TH NOV | 10AM - 12PM

## Dance (for all abilities)

A dance session for diverse audiences that can be adapted for any ability (both seated and standing)



28 NOV | 10AM - 12PM

## Slow Stitch and Breathe

Learn a basic stitching technique and use that skill to slow stitch a mini art quilt/coaster; option to make a holiday themed project

## How do you register for sessions?

Register for & come along to one, two or all eight sessions by emailing [events@buckscommunityhub.com](mailto:events@buckscommunityhub.com) confirming which session/s you would like to attend



## Where?

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

