

## What is Arthurs Shed?



Arthur's Shed is a purpose-built studio set in the beautiful grounds of the Arthur Rank Hospice. Sessions are open to the public, you do not need to have a connection with the Charity to attend. Sessions are free of charge, although a suggested donation of £5 is welcomed to cover the cost of materials. Sessions can be booked by emailing [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk) or calling 01223 675777. Sessions must be booked in advance.

**Meditation:** Helping you to find quietness, relaxation, peace and calmness within yourself

**Paper Crafts:** Learn to make paper hedgehogs and other paper crafts.

**Sugar Crafts:** Make beautiful cake decorations from sugar paste

**Astronomy:** Learn all about the sun, moon and stars and build your very own sun dial! (We recommend attending all 6 sessions)

**Clay Work:** Design and decorate small, air-dried clay sculptures

**Flower Arranging:** How to make the best of flowers

**Laughter Yoga:** Combine laughter exercises and deep breathing to lift your mood and energy (no acrobatics required)



## Parking

If arriving by car, please park at the Babraham Park & Ride, CB22 3AB, next door. The footpath to the Hospice is signposted on the left as you drive into the park & ride. Parking is free of charge for up to 18 hours at the Park & Ride. Please note the hospice car park is for use by our patients and their visitors (there are a limited number of disabled bays if you need one).

Why not find us online at: <https://www.arhc.org.uk/open-to-all/arthurs-shed/>

Contact us at [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk) to join our mailing list

**Arthur's Shed April 2024**- Open to all, free of charge, suggested donation of £5 – Contact [Arthurs.shed@Arhc.org.uk](mailto:Arthurs.shed@Arhc.org.uk) or 01223 675777

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>3</b>	<b>4</b>	<b>5</b>
		10:30-11:30 Card Making with Jill	2-3 Papercrafts with Rosemary	No sessions
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	1.30-3 Still Life Drawing with Helena	2-3 Laughter Yoga with Sue and Muriel	10-11.15 Astronomy with Peter
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	10:30-11:30 Card Making with Jill	2-3 Papercrafts with Rosemary	10-11.15 Astronomy with Peter
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	1.30-3 Still Life Drawing with Helena	2-3 Laughter Yoga with Sue and Muriel	10-11.15 Astronomy with Peter
<b>29</b>	<b>30</b>			
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha			

Arthur's Shed, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, CB22 3AB. Please note, the hospice car park is for use by our patients and their visitors, please park at the Babraham Park & Ride.

**Arthur's Shed May 2024**- Open to all, free of charge, suggested donation of £5 – Contact [Arthurs.shed@Arhc.org.uk](mailto:Arthurs.shed@Arhc.org.uk) or 01223 675777

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	No sessions	10.00-12.00 Sugarcraft with Brenda 2-3 Papercrafts with Rosemary	10-11.15 Astronomy with Peter
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	No sessions	10.00-12.00 Sugarcraft with Brenda 2-3 Laughter Yoga with Sue and Muriel	10-11.15 Astronomy with Peter
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	11.00-1.00 Flower Arranging with Laura	10.00-12.00 Sugarcraft with Brenda	10-11.15 Astronomy with Peter
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha	No sessions	10.00-12.00 Sugarcraft with Brenda 2-3 Laughter Yoga with Sue and Muriel	10-11.15 Astronomy with Peter
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
No sessions	10.30-12 Clay Work with Rosemarie 2.00-3.00 Meditation with Daksha		2-3 Papercrafts with Rosemary	10-11.15 Astronomy with Peter

Arthur's Shed, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, CB22 3AB. Please note, the hospice car park is for use by our patients and their visitors, please park at the Babraham Park & Ride.