# Flowerfield Arts Centre



# "Local with accessible access for great classes and cultural events."



# Flowerfield Arts

# Centre



We strive to nurture artistic talent and provide exceptional interactive creative opportunities for all.

The only dedicated multi-disciplinary Arts Centre on the stunning Causeway Coast, come visit us in Flowerfield Park, just a quick two-minute drive from Portstewart Promenade.

Have fun in the Diversity Playpark, before taking some time to relax with us - enjoy a picnic on our outdoor piazza, spend some time with our world-class exhibitions, savour our live gigs and family theatre, sit back and immerse yourself in superb films or get creative in one of our many workshops.

Our facilities include a 130-seater performance space, three main galleries, and dedicated craft studios for ceramics and glass as well as classrooms and a boardroom. With free Wi-Fi, free car parking right outside our door and refreshments available, we want you to feel at home here at Flowerfield and we look forward to welcoming you.

#### We are open

Monday to Friday, 9.30am-5pm Wednesday & Thursday evenings, 7-9pm Saturday, 10am-1pm

Flowerfield Arts Centre 185 Coleraine Road Portstewart BT55 7HU Telephone: 028 7083 1400 Email: info@flowerfield.org

Follow us on





21

Exhibitions	Date	Page
Ulster Society of Women Artists	3 May - 14 June	4
International Refugee Week	21 June - 30 June	5
Puffin Rock Habitats	5 July - 6 September	6
Red Sails Exhibition	21 July - 23 August	7
Events	Date	Page
The Bridge	Saturday 3 May	8
Out of the Silence	Thursday 22 May	9
Janey Mac is Hot	Friday 30 May	9
Mamma Mia	Friday 25 July	10
Dr. Seuss The Lorax	Wednesday 6 August	10
Benches	Saturday 9 August	11
Saturday Lunchtimes Live in the Park	Saturday 5 July - Saturday 23 August	12
Red Sails Festival	20 - 26 July	13
Make + Do for Kids & Young People		14

Make + Do for Adults







# International Refugee Week

21 June - 30 June

Exhibition Launch: Saturday 21 June | Free Admission |

Music and dance performance

Workshop: Saturday 21 June | 10.30-11:15am OR 11.30am-12:15pm

Free arpillera doll workshops for children 8-12yrs | Booking essential

See page 15 for more information

This special exhibition marks International Refugee Week 2025 and features eight remarkable embroideries from different parts of the world displayed for the first time and recently donated to Causeway Coast and Glens Museum Service by Roberta Bacic - Conflict Textiles' curator. The exhibition also includes eleven other arpilleras – from the Museum Service Collection and the Conflict Textiles Collection.

These beautiful & powerful textile works are created by communities in response to conflict in their home countries. From intricate stitching and handmade dolls to colourful embroidery, each arpillera tells a powerful story of resilience, joy, and beauty amidst conflict.







# **Puffin Rock Habitats**

Puffin Rock Habitats

5 July - 6 September

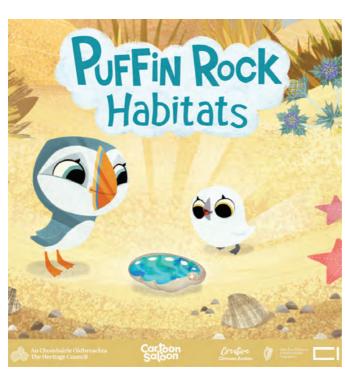
Exhibition Launch: Saturday 5 July at 12noon | Free Admission

Workshop: Saturday 5 July | 10.30am-12noon |

Free workshop for children 8-12yrs | Booking essential

See page 15 for more information.

Based on Cartoon Saloon's much loved and international hit Puffin Rock series, this exhibition will inspire a sense of wonder and improve "nature literacy" among families with young children. Through characters including young puffins Oona and Baba, Marvin the otter and Bernie the hermit crab, audiences are invited to listen to underwater communications, observe the rhythm of changes in tidal areas, learn about the role of pollinators in grasslands and explore the composition of wetlands. Created by multi-OSCAR® nominated animation studio Cartoon Saloon with funding from Creative Ireland's Creative Climate Action Fund., this is a family must-see!





# **Red Sails Festival 2025**

#### Shifting Tides | A New View of Portstewart

21 July - 23 August

Exhibition Launch: Monday 21 July | 12.30pm | Free Admission

An exhibition of artworks that take a new and unique view of Portstewart. While Strand, this community display challenged entrants to try and see Portstewart with



our website or by calling 028 7083 1400.

# **Events**

# The Bridge

Saturday 3 May | 8pm (Doors 7.30pm)

Tickets £18 full, £15 concession

This event is cabaret style & BYOB

The Bridge is Cuba's most internationally acclaimed guitar duo, featuring the legendary **Eduardo Martín** and virtuoso **Ahmed Dickinson**. Blending classical styles with Cuban rhythms, jazz, flamenco, and rock, their performances are both exhilarating and deeply expressive. The duo's seamless musical connection bridges generations and cultures, offering a rare and captivating experience. Performing Martín's most compelling compositions, their collaboration celebrates Cuban heritage and pure artistry. Since their debut in 2014, The Bridge has enchanted audiences worldwide with intricate, rhythmic, and heartfelt guitar interpretations that transcend time and genre





# Out of the Silence

Thursday 22 May | 7.15pm (Doors 7pm)

Free Event | Booking essential

This event is in our auditorium with unreserved tiered seating

Join writer **Anne McMaster** and **Dr Dayna Jost**,

Development Officer for the Ulster-Scots Community Network, for a special screening of 'Out Of The Silence' followed by a Q&A. In the film, produced by DoubleBand Films, Anne explores how women's writing in Ulster has moved from the margins into the mainstream – through an Ulster-Scots lens, uncovering unsung literary heroines and exploring the literary imaginations of Northern Ireland's new generation of female writers.



Duration 60 mins





# Janey Mac is Hot (Blame The Hormones)

Friday 30 May | 8pm (Doors 7.30pm)

Tickets £12 full, £10 concession | 18+ years

This event is cabaret style & BYOB

Get ready for a one-night-only, completely improvised comedy show where perimenopausal angst meets audience-fuelled chaos! Janey Mac fearlessly crafts theatre on the spot, blending razor-sharp wit with pure craic. Premiering at Tinderbox Theatre's sell-out Incubate Festival in Belfast, audiences raved, "So funny, I properly cry-laughed!" A seasoned improviser and standup, Janey honed her craft in London and Chicago before returning to Northern Ireland's comedy scene. Don't miss this hilarious, unfiltered take on ageing, hormones, and the madness in between!





# Outdoor Film Screening | Mamma Mia

#### Friday 25 July | 7.15pm

#### FREE event in the park

This event is outdoors in the park. No seating is provided. Camping chairs are recommended. Please wear appropriate clothing due to possible weather conditions.

Join us in the park for another of our much-loved outdoor screenings. Bring your chairs, blankets, a bottle of something chilled and your ABBA vibe, to sing and dance your hearts out to the fabulous fun and feel-good classic, Mamma Mia!!

2008 | Duration 108 mins | Cert PG



# **Dr. Seuss The Lorax**

#### Wednesday 6 August | 10.30am (Doors 10am)

This is a FREE event with donations for Foodbank but booking is essential. This event is in our auditorium with unreserved tiered seating.

A 12-year-old boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it, he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

2012 | Duration 86 mins | Cert U

This screening, supporting the Causeway Foodbank, is part of the Cinemagic initiative 'Young Audiences Supporting Food Banks'. Supported by Film Hub NI through the BFI FAN Film Exhibition Fund, awarding funds from National Lottery.



**FILM** 



Jak-in-the-box Pop-up Theatre Present

# Benches



Saturday 9 August | 2pm (Entry 1.45pm) OR 3.30pm (Entry 3.15pm) | 14+yrs

Free event | Booking essential | Duration 50mins

This event is promenade style theatre where audience follow the show to locations indoors and outdoors. Please wear suitable clothing for the weather conditions.

You never know who you'll meet on a park bench! Benches introduces you to wonderfully quirky characters – some human (some not so much) in this charming, funny promenade theatre show. Eavesdrop on the village gossip as tales unfold and things unravel. A fun afternoon guaranteed.



# Saturday Lunchtimes Live in the Park

Saturday 5 July - Saturday 23 August | 12noon-1pm | FREE

Join us for our popular summer live gigs on our terrace, where you can enjoy music by fantastic local performers in the beautiful surroundings of Flowerfield Park. Grab your picnic essentials and bring the whole family for an afternoon of fun and relaxation. Please note no seating is provided so please feel free to bring chairs, blankets etc.

SATURDAY 5 JULY: Lisa Dawson

SATURDAY 19 JULY: Cool Hand String Band

SATURDAY 26 JULY: Northern Ireland Opera

SATURDAY 2 AUGUST: Megan Paul and Andrew Robinson

SATURDAY 9 AUGUST: Ciara Butcher and Natalia Morelli

SATURDAY 16 AUGUST: Polar Bolero Acoustic

SATURDAY 23 AUGUST: North Coast Trad



#### "Great venue, attentive staff and great artist, very enjoyable."

# **Red Sails Festival**

#### Shifting Tides | A New View of Portstewart

21 July - 23 August

Exhibition Launch: Monday 21 July | 12.30pm | Free Admission

Artworks that take a new and unique view of Portstewart.



Wednesday 23 July | 10am-12noon & 2-4pm | 18+yrs

FREE but booking essential on 028 7083 1400 |

Meeting at Portstewart Promenade

Join artist Heather Byrne for a relaxing outdoor walk and sketch from Portstewart Prom to the Strand





#### North Coast Book Club in Conversation with Ruby Free,

#### author of Rathlin: A Wild Life

Wednesday 23 July | 7-9pm | Free

This event is cabaret style & BYOB

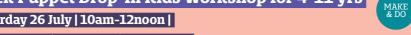
Join North Coast Book Club and award-winning campaigner, writer, and conservation biologist Ruby Free for a lively chat about Rathlin: A Wild Life! Hear about her adventures on Rathlin Island and her love of puffins, sea swimming and rewilding.



#### Stick Puppet Drop-In Kids Workshop for 4-11 yrs

Saturday 26 July | 10am-12noon |

FREE | Drop-in | Flowerfield Terrace



Kids will use their imaginations to design and create unique seabird stick puppets. Parents must accompany children during this workshop.

#### Saturday Lunchtimes Live in the Park | Northern Ireland Opera



Saturday 26 July | 12noon-1pm | FREE | Flowerfield Terrace and

Flowerfield Park

Grab a picnic and join us for an hour of arias and songs in lovely Flowerfield Park.

# Make + Do for Kids & Young People

Book via our website, call our Box Office team on 028 7083 1400 or pop in to pay.

We want to make sure that all children and young people participate in an enjoyable and safe environment. Therefore, please complete and return **consent forms for each under-18 no later than 24 hours before the activity begins**. Completed consent forms are a condition of participation.

The best creativity is messy! Please make sure your child wears suitable clothing.

# Weekend Wonders Workshops

Saturday 3 May | Blooming Spring

Saturday 31 May | Animal Kingdoms Saturday 14 June | Father's Day Cards

Saturday 28 June | Colours of Summer

Saturday 19 July | Art in The Park

Saturday 9 August | Puffin Rock

Saturday 23 August | Art in The Park

Cost £7 | Tutor: Linda Mulholland

10-11.30am for 5-7 yrs

11.45am-1.15pm for 8-12 yrs

Children get to dive into inspired 'Wonder Weekends', experimenting with a mix of artistic materials and learning fantastic creative skills for a whole range of special occasions and themes! Get ready for a blast of fun as they craft unique, aweinspiring artwork.

### Sculpt a Clay Piggy Bank for 8-12yrs

Saturday 14 June | 10.30am-12.30pm

#### Cost £30 | Tutor: Fiona Shannon

Get creative and craft your own ceramic piggy bank! In this fun handson workshop, you shape, design and decorate a unique, super cute savings buddy to take home once it has been fired and glazed (to be collected at a later date).







# Ruby Free | Make Your Own Puffin Life Book

for 8-12yrs

Saturday 5 July | 10.30-12pm

Cost: FREE but booking essential | Tutor: Ruby Free

Join author, Ruby Free who tells amazing stories about her time on Rathlin Island, for a creative storybook workshop. With Ruby's help, your little authors will create their own booklet, filled with wildlife art and mini tales, and take this special keepsakes home to fill with nature art and their adventures all summer long!



### Sculpt a Clay Puffin for 8-12yrs

Saturday 5 July | 10.30am-12.30pm

Cost £20 | Tutor: Fiona Shannon

Inspired by the 'Puffin Rock Habitats' exhibition, local ceramic artist Fiona Shannon helps you to sculpt your very own Puffin using air dry clay - so you can take it home on the day and paint it!



## Throwing for Teens: Mugs and Bowls

#### for 12-16 yrs

Tuesday 8 - Friday 11 July | 10.30am-12.30pm

#### Cost £100 | Tutor: Fiona Shannon

Four days of intensive pottery to really hone your skills. Create wheel thrown ceramics like mugs and dip bowls on the pottery wheel with professional potter Fiona Shannon. Decorate with glazes, then your work is fired to be collected at a later date.



#### **Daydreams & Doodles Summer Art Club**

Wednesday 9 - Friday 11 July

OR Wednesday 13 - Friday 15 August

Cost £24 | Tutor: Linda Mulholland

10.30am-12.30pm for 5-7 yrs

1.30-3.30pm for 8-12 yrs

Three days of imagination unleashed in our Daydreams & Doodles art club! Children explore, experiment, paint, doodle and craft their way through three art-tastic days of making and learning together with Linda Mulholland. Join the club!



#### **Summer Mural Making Workshops for 8-12yrs**

Wednesday 16 July | 10am-12.30pm | 1.30-4pm

Thursday 17 July | 10am-12.30pm

Cost: £12 per workshop | Tutor: Brenda Murphy

Cool workshops for budding young artists who want their work to be displayed at Flowerfield for many years to come! Artist, muralist and illustrator Brenda Murphy leads 3 sessions to create 3 panels of nature inspired artwork using printing, free painting and lots of techniques to add colour and magic to our outdoor space. You can book 1, 2 or all 3 of the workshops. The final mural will be erected outside Flowerfield at the end of the project, for everyone to admire!



# Kev F Sutherlands Comic Book Masterclass for 7-14yrs

Monday 21 July | 10.30am-12.30pm OR 1.30-3.30pm

#### Cost £30 | Tutor: Kev F Sutherland

A rare opportunity to learn from comic book artist Kev F Sutherland (Beano, Doctor Who, Marvel). Create characters, collaborate on a comic strip, and leave with a personalised caricature.



Little Stitchers Sewing for Beginners

for 8-12yrs

Monday 21 & 28 July | 10.30am–12.30pm

#### Cost £30 | Tutor: Rachael Armstrong

Over two sessions, children learn the foundation skills to operate a sewing machine and make something that they can bring home. Participants will make a personalised keepsake accessory – maybe a drawstring bag, hair scrunchy or a doggy bandana! This is a fun beginners project, requiring straight stitching and is accessible to everyone.



#### **Little Drummers for 3-6yrs**

Wednesday 23 July | 2-3pm

Cost £8 | Tutor: James Hamilton

This drum session is the best fun, led by expert facilitator, James Hamilton. Even little ones can explore their natural rhythm and make some noise! Parents and guardians must accompany children and are welcome to join in.



### **Shadow Play Puppet**

Thursday 24 July

10.30am-12noon for 5-7yrs\*

1.30-3pm for 8-12yrs

Cost £12 | Tutor: Karen Torley

Make your very own stunning shadow puppet with professional puppet maker. Karen Torley of Banyan Theatre Company. In this creative workshop you will learn about shadow puppetry before designing and creating your very own puppet to take home. All materials provided, just bring your imagination!

\*Please note 5-7yrs must be accompanied by an adult.



### Make a Puffin Suncatcher for 8-12yrs

Saturday 26 July | 10am-12noon Cost £25 | Tutor: Natasha Duddy

Glass artist, Natasha Duddy shows you how to work with glass to make a gorgeous, fun and colourful puffin sun catcher.



**Sculpt a Clay Puffin for 8-12yrs** 

Friday 1 August | 10.30am-12.30pm

Cost £20 | Tutor: Fiona Shannon

Inspired by the 'Puffin Rock Habitats' exhibition, local ceramic artist Fiona Shannon helps you to sculpt your very own Puffin using air dry clay - so you can take it home on the day and paint it!





# "Very friendly and helpful staff and relaxed atmosphere."

# Make Your Own Ceramic Door Sign for 8-12yrs

Friday 8 August | 10.30am-12.30pm

Cost £25 | Tutor: Fiona Shannon

Personalise your space with a handcrafted ceramic door sign! In this workshop, you'll hand roll, decorate, and add your own unique touch using stamps, textures and colourful glazes. After adding a touch of colour, you will leave your door sign to be fired and collected at a later date.



### Wild and Wonderful Clay -

Creatures of Land, Sea and Sky for 8-12yrs

Monday 11 - Thursday 14 August | 10.30am-12.30pm

#### Cost £65 | Tutor: Fiona Shannon

Join us on a four-day clay summer scheme where kids explore the natural world through sculpture and the pottery wheel, creating everything from sea creatures and woodland animals to birds in flight. With handson workshops, they'll bring their imagination to life in clay!



# Throwing Teapots for Teens for 12-16yrs

Monday 11 - Thursday 14 August | 2-4pm

#### Cost £80 | Tutor: Fiona Shannon

In this four-day, hands-on course, young artists learn the craft of throwing teapots on the wheel from scratch. They will then sculpt the spout, handles and decorate their teapots as well as making teacups to match their teapot.



### Make Your Own Glass Bunting for 8-12yrs

Saturday 16 August 10am-12noon

Cost £25 | Tutor: Natasha Duddy

A rare chance for kids to work in glass and create their own brightly coloured glass bunting. It'll look amazing hung by a window to let the light come through.



# Candoco Lego Animation Workshop for 7-12yr

Wednesday 20 August | 11am-1pm OR 2pm-4pm

Cost £ 25 | Tutor: Joel Simon of Can Do Academy

These fun mini masterclasses introduce animation using iPads! Participants create a Lego film with sound, visual effects, and titles, learning animation apps and creative tech skills. They can bring their own Lego characters or use those provided.



# Make + Do for Adults

Book via our website, call our Box Office team on 028 7083 1400 or pop in to pay. \*All course costs include materials unless otherwise specified\*

### Outdoor & Studio Landscapes for 18+yrs

Saturday 3, 17, 24, 31 May | 10am -12noon

Cost £80 full, £75 concession | Tutor: Sarah Carrington

In session one, explore Castlerock beach through sketching, using mixed media and mark-making to capture its sights and sounds. The next three sessions at Flowerfield focus on studio landscape painting, transforming sketches, photos, and gathered materials into larger, finished mixed-media artworks inspired by the beach workshop.



# **Pottery Courses**

5 Week Throwing Courses for Beginners

& Improvers for 18+yrs

Series 1 | Wednesday 30 April – 28 May | 2.30-4.30pm

Series 2 | Wednesday 30 April – 28 May | 7-9pm

Series 3 | Thursday 1 May – 29 May | 10.30am-12.30pm

Series 4 | Thursday 1 May – 29 May | 7-9pm

Cost £155 full, £140 concession per series | Tutor: Fiona Shannon

Learn the basics of throwing and techniques like centering, opening out and pulling up to create a variety of different pots, including mugs and bowls. Turning techniques help finish pots and add details like handles and feet before adding colour with a variety of slips and underglazes. Pots are fired and glazed for collection at a later date.



# "Beautiful space and amazing workshop."

pots using underglazes.





# >

# Spring Floristry Masterclass with Elaine Taylor for 16+yrs

Saturday 31 May | 10.30am-12.30pm

Cost £55 full, £50 concession | Tutor: Elaine Taylor

Celebrate Spring by creating your own bespoke wreath with award-winning florist, Elaine Taylor. Learn the techniques of arranging and using colour, leaving with a handmade door wreath that will delight your family and friends.



#### Glass Birds - Plant for Stakes for 18+yrs

Saturday 31 May | 10am-12.30pm

Cost £50 full, £45 concession| Tutor: Natasha Duddy

Using fused glass techniques, these beautiful glass bird plant pot stakes are the perfect colourful unique addition to any summer garden. Your glass birds will be fired for collection soon after.



### Sculpt a Spring Hare for 16+yrs

Saturday 31 May | 10am-1pm

Cost £45 full, £40 concession | Tutor: Fiona Shannon

Guided by potter Fiona, you'll explore hand-building techniques to bring character and movement to your own unique hare sculpture. Your piece will be fired, to be collected at a later date.





#### "Amazing workshop with such a knowable tutor. Most informative workshop I have ever done."

### Sculpt a Sea Swimmer for 16+yrs

Saturday 14 June | 1-3pm

Cost £45 full, £40 concession | Tutor: Fiona Shannon

Dive into creativity and join artist Fiona to sculpt your very own sea swimmer bust inspired by the beauty of the ocean. Suitable for all abilities, this is an ideal gift for any intrepid swimmer.



# Sea Inspired Wave in Glass for 18+yrs

Saturday 21 June | 10am-12.30pm

Cost £55 full, £50 concession | Tutor: Natasha Duddy

Guided by glass artist Natasha, you will design and colour your own glass wave, which can be framed on the day for that true coastal feel.



#### Coastal Sketchbooks for 18+yrs

Saturday 21 & 28 June | 10am-1pm

Cost £45 full, £40 concession | Tutor: Heather Byrne

Enjoy the freedom of sketching outside at two beach locations on our coastline. Spend a morning sketching with a group and trying different drawing techniques to create looser and expressive studies, working in different mediums, like charcoal and pastel. Enjoy spending time on longer painting studies. Materials not provided, visit our website for further information.



#### Tiffany Glass Cacti for 18+yrs

Saturday 19 July | 10am-3.30pm

Cost £65 full, £60 concession | Tutor: E-J McCartney

A wonderful day long introduction to tiffany glass making for beginners and experienced glass enthusiasts, using specialist skills to create charming delicate cacti which will be mounted and completed on the day to take home.



### Sculpt a Puffin for 18+yrs

Saturday 19 July | 10am -1pm

Cost £45 full. £40 concession | Tutor: Fiona Shanno

Make your own seabird puffin in this hugely popular workshop. Your piece will be fired ready to collect soon after the workshop.



# Basket Weaving With Atlantic Craft NI for 18+yrs

Saturday 26 July | 9.30am-5pm

OR Saturday 23 August | 9.30am-5pm

Cost £75 full, £70 concession | Tutor: Louise McLear

Create a beautiful asymmetrical basket using bark stripped willow (buff) and white willow with the addition of hazel forming an integral handle. Suitable for beginners and those with some experience in weaving, this is a full day workshop so please bring a packed lunch.





# "A brilliant workshop offering endless creative possibilities."

**Make a Glass Summer Floral Plate** 

for 18+yrs

Saturday 26 July | 1pm-4pm

Cost £55 full, £50 concession | Tutor: Natasha Duddy

Using fused glass techniques, create a stunning botanical, floral glass plate with Natasha Duddy. You'll design your plate then add floral decoration, choosing colour and form to create a real summer show piece. Your plate will be fired, ready for collection soon after the workshop.



### Tiffany Glass Birds for 18+yrs

Saturday 2 August | 10am-3.30pm

Cost: £65 full, £60 concession | Tutor: E-J McCartne

A wonderful day long introduction to tiffany glass making for beginners and experienced glass enthusiasts. You will learn specialist skills to create beautiful bird motifs completed on the day to take home.



# Silver Stacking Rings with Diane Lyness for 18+yrs

Saturday 9 August | 10am-4pm

Cost £85 full, £80 concession | Tutor: Diane Lyness

Craft your own stunning silver stacking rings in this hands-on jewellery workshop. Learn expert techniques like piercing, soldering, shaping, and polishing. No experience needed—just bring an apron and enjoy creating beautiful, personalised rings to take home.





# Throwing 4 Day Intensive for 18+yrs

Monday 4 - Thursday 7 August | 10am-4pm

Cost £220 full, £200 concession | Tutor: Fiona Shannon

A rare four-day masterclass covering the skills of throwing on the pottery wheel using stoneware clay & refining techniques such as trimming bases, adding handles, spouts and textures to your pots. You will complete a range of pots including bowls, mugs, side plates and jugs which will be fired for collection at a later date.



**Geometric Glass Design Dish** 

for 18+yrs

Saturday 16 August | 1pm-4pm

Cost £55 full, £50 concession | Tutor: Natasha Dudd

Create a stunning fused glass dish in this beginner-friendly workshop! Design with geometric cut glass, choose vibrant colours, and learn essential cutting and fusing techniques. Your unique, light-catching piece will be fired and ready for collection soon after.

### Ceramic Summer Garden Planter for 16+yrs

Saturday 23 August | 10am-1pm

Cost £45 full, £40 concession | Tutor: Fiona Shanno

Spend a mindful morning sculpting your own unique plant pot heads from clay. Artist Fiona Shannon guides you, demonstrating techniques and clever designs to help you make gorgeous gifts for your gardening friends or just for you!





# Mums Meet and Make



This series of creative workshops is specifically designed for new parents, giving you the opportunity to tap into your creativity, relax, and practice mindfulness.

These workshops are enriching, enjoyable and budget-friendly and offer new mums the chance to foster friendships that will last a lifetime. After each workshop, we encourage you to stay and enjoy some refreshments.

These workshops are suitable for those with children under 1 who are not yet mobile or who will sit in a pram or car seat throughout. Flowerfield is proudly breastfeeding-friendly, and baby-changing is available...

#### **Watercolour Pictures with Elaine Harknes**

Monday 19 May | 9.30-11am | Cost £8

Join artist Elaine Harkness and turn a favourite family photograph into a beautiful watercolour picture.

Please send photo to **info@flowerfield.org** before workshop.

# Nursery Wall Hanging Decorations with Fiona Shannon

Wednesday 11 June | 9.30-11am | Cost £8

Join us for a hands-on session with artist Fiona Shannon, where you can craft a unique and personalised ceramic wall hanging decoration for your baby's nursery.



#### **Sound Connections**

Are you aged 18-25 years and a singer/songwriter or in a band? We want to support emerging local musicians by providing FREE rehearsal space on Wednesday and Thursday evenings between 7-9pm on specific dates when our auditorium may be free. Interested? Contact info@flowerfield.org or call us on Tel: 028 7083 1400.