

Flowerfield Arts Centre

September - December 2024



Causeway
Coast & Glens
Borough Council



Flowerfield Arts Centre

➤ **“A great asset to the community on
the North Coast and beyond.”**



Photo: Anthony Toner

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 the 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
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Portstewart BT55 7HU
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Photo: The Leading Ladies

Exhibitions

All Us Women

Janey Moffatt

7 September - 26 October

Exhibition Launch Saturday 7 September at 12 noon | Free Admission |

All welcome

Janey Moffatt is a mixed-media artist who combines fabric, paper and stitch with drawing, painting, and mark-making. She grew up in Coleraine during the Troubles and her textile work explores violence, trauma and healing, using motifs that echo the symbolism of her childhood: soldiers, guns and the piercing eyes of politicians, alongside contrasting fragile nature imagery. The exhibition features delicate free machine embroidery and pieces made by women's groups she will work with during a short residency at Flowerfield.



➤ *“A wonderful exhibition space,
and exquisite work.”*

Christmas Craft Market

Saturday 9 November – Saturday 21 December

LAUNCH: Please join us for the festive market launch on Saturday 9 November from 11am-4pm with Christmas music and drop-in arts activities for kids. Naturally North Coast and Glens Artisan Market will also be here with tasty food treats and even more special gifts.

The best contemporary craft market on the North Coast returns! Featuring over 35 independent makers, with festive gifts to suit every person and every budget, you'll find beautiful and unique pottery, accessories, jewellery, homeware, glass, candles, artisan food and much more. And by buying your gifts here, you're supporting local makers, local small businesses and our local communities! #shoplocalsupportlocal.



Events

Mid-Week Matinee Golden Oldies

Wednesday 11 September | *The Philadelphia Story*

Wednesday 9 October | *Some Like it Hot*

Wednesday 6 November | *Singing in the Rain*

Wednesday 4 December | *It's a Wonderful Life*

2pm (Doors 1.45pm) | Tickets £5

These screenings are in our auditorium with unreserved tiered seating.

Don't miss our mid-week matinee each month. Golden oldies you'll love, to transport you back to the magical eras of film and glamour starting with *The Philadelphia Story*.

FILM

Mid-Week Classic Cinema

Wednesday 11 September | *Withnail and I*

Wednesday 9 October | *Dr. Strangelove*

Wednesday 6 November | *Cinema Paradiso*

Wednesday 4 December | *Wings of Desire*

7.15pm (Doors 7pm) | Tickets £5

These screenings are in our auditorium with unreserved tiered seating.

We're bringing back a mid-week monthly classic film night with great cinema classics that you won't catch anywhere else. We kick off with Bruce Robinson's cult comedy *Withnail and I!*



“Completely stunning. The act were sensational and the ambience of the room was intimate and relaxed.”

Northern Lights Sessions

Briana Corrigan

Saturday 14 September | 8pm (Doors 7.30pm)

Tickets £18 full, £15 concession

LIVE
MUSIC



This event is cabaret style and BYOB

*‘...her forte.... chest hugging, breast beating balladry of the highest calibre’
- O Magazine*

‘..a songwriter of wit and elegance’ - Hot Press

Don't miss Briana Corrigan's heartfelt return to her hometown on the north coast! Known for her iconic voice with **The Beautiful South**, Briana brings her "stupendous vocal" to an intimate setting, featuring classics, her own songs, and unique takes on traditional favourites. After a 10-year hiatus, she's back with new tours, an upcoming album and a series of gigs for Autumn 2024 and Spring 2025. Having released two acclaimed solo albums, Briana is set to deliver an emotional, joyous performance that connects deeply with her audience.

➤ "It was an amazing show with beautiful music in a lovely surrounding."

Alfi

Friday 4 October | 8pm (Doors 7.30pm)

Tickets £12 full, £10 concession

LIVE
MUSIC

This event is cabaret style and BYOB

'the album captures the organic, full-bodied spirit of their live shows, as well as the distinctive personalities of the players – and marks Alfi as a vital force in Ireland's ever-diversifying folk scene' - *Hot Press*

Experience the magic of Alfi, an award-winning trio featuring the unique blend of harp, five-string banjo, and uilleann pipes. Comprising **Fiachra Meek**, **Ryan McAuley**, and **Alannah Thornburgh**, Alfi draws from Irish and American folk traditions. Released in July 2023, their debut album *Say Old Man* has garnered critical acclaim for capturing the vibrant essence of their live performances. Recognized as a "**Best Emerging Folk Artist**" nominee at the RTÉ Folk Awards, Alfi is a dynamic force in Ireland's folk scene, celebrated with numerous prestigious accolades.



Haunted House Halloween Open Day

FAMILY
EVENT

Thursday 31 October | 10.30am-4pm

Admission free

Who is brave enough to join us for our spooky Haunted House? This year, we are celebrating our shared cultural heritage and embracing the light as the darker evenings draw in – as communities have done for centuries across different cultures. Dive into the magic with a **family-friendly movie** and hands-on **creative craft sessions celebrating Samhain and Diwali**. Explore the **Taletime Story Dome** for an immersive storytelling adventure and get ready to dance your petrifying socks off with **Echo Echo Theatre**. But watch out—mischievous characters might be lurking around Flowerfield during this unique All Hallows' Eve event.

Advanced booked is required for the free film screening which is part of the Cinemagic Young Audiences Supporting the Food Bank initiative. Tickets are free but audience members are asked to bring a foodbank donation on the day. All other activities are drop-in. Parents MUST accompany children at all times throughout the Halloween Open Day.

These activities have received financial support from The Executive Office through Causeway Coast & Glens Borough Council's Good Relations Programme.



➤ "A wonderful facility."

Northern Lights Sessions

Steve Knightley

Friday 1 November | 8pm (Doors 7.30pm)

Tickets £15 full, £12 concession

This event is cabaret style and BYOB

The acclaimed singer-songwriter, a founding member of **Show of Hands**, brings his first solo tour to Flowerfield.

A prominent figure in English Folk/Acoustic music, his extensive body of work uniquely blends historical narratives with contemporary themes. **Show of Hands**, was praised by Peter Gabriel as one of the 'Great English Bands.' Knightley earned the title of Tom Robinson's 'Songwriter of the 90s' and he has won three BBC Folk Awards.



Gran Yairns, Poames & Craic

Friday 22 November | 8pm (Doors 7.30pm)

Admission FREE but booking is essential

This event is cabaret style and BYOB

Join us for the exclusive launch of the second anthology from Ulster Scots writers **Sheddas On Tha Page**. Writer, teacher and poet Anne McMaster will introduce you to a gran evening of poetry, yairns, music and an open mic session to celebrate the beginning of Ulster Scots Leid Week 2024. Bring a bottle, a poame or a storie and join in the craic!

These activities have received financial support from The Executive Office through Causeway Coast & Glens Borough Council's Good Relations Programme.

SPOKEN
WORD



Festive Tea Dance with The Leading Ladies

Friday 6 December | 1-3.30pm

Admission FREE but booking is essential

This event is cabaret style with a light lunch at 12.45pm

Vintage Swing & Christmas Classics with The Leading Ladies! Let the award-winning voices of vocal harmony trio, The Leading Ladies, transport you back to the 40s and 50s with this special vintage swing performance for our festive tea dance.

Featuring popular songs such as *Sing Sing Sing*, *Que Sera Sera* and *Boogie Woogie Bugle Boy*, plus your favourite Christmas classics - all performed in their own inimitable three-part harmony style, don't miss this fun and fabulous afternoon!

LIVE
MUSIC



TENX9

Friday 6 December | 7.30-9.30pm (Doors 7pm)

Admission FREE but booking is essential

This event is cabaret style and BYOB

Tenx9 is back for your true **Christmas** stories. Get in touch with your stories of festive fun (or calamity) at tenx9.com/submissions. Tenx9 is a storytelling evening where nine people have up to ten minutes each to tell a true story from their life. It was created in 2011 by Paul Doran & Pádraig Ó Tuama in the Black Box in Belfast and aims to strip away the barriers that prevent people from sharing their personal experiences. These events are always hugely popular so advance booking is recommended.

SPOKEN
WORD



A Muppet Christmas Carol

Saturday 7 December | 11am-12.30pm

Tickets £5 full, £4 concession

This event is in our auditorium with unreserved tiered seating

The timeless, fabulous Muppets band together to teach Michael Caine's unforgettable Scrooge the meaning of Christmas in this charming adaptation of Charles Dickens' classic tale. The Muppet film that never loses its lovable sparkle for kids (of all ages!).

Parents must accompany children.



FILM

Anthony Toner

Friday 13 December | 8pm (Doors 7.30pm)

Tickets £15 full, £12 concession

This event is in our auditorium with unreserved tiered seating

After a sold-out show last December, Coleraine-born singer-songwriter Anthony Toner returns for an intimate solo acoustic performance. Enjoy masterful guitar playing as he performs favourites like *Sailortown*, *East of Louise*, and *Well, Well Well*, alongside newer tracks from his recent albums. Expect a mix of well-chosen covers, blues, Christmas songs, and engaging stories from the road. With the warmth and charm likened to "watching a series of beautiful short films," this promises to be a memorable evening.

LIVE MUSIC

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 28 September | Autumn Wreaths

Saturday 12 October | Autumn Shabby Chic Pumpkins

Saturday 26 October | Halloween Lanterns

Saturday 23 November | Autumn Animals

Saturday 30 November | Christmas Stockings

Cost: £7 | Tutor: Linda Mulholland

10-11.30am for 5-7 yrs

11.45am-1.15pm for 8-12 yrs

Children will dive into a seasonally inspired creative whirlwind, experimenting with a mix of artistic materials and learning fantastic new techniques as winter approaches. Get ready for a blast of fun as they craft unique, awe-inspiring artwork.



Teen Throwing for ages 12-16 yrs

Saturday 28 September | 10.30am-12.30pm

Cost: £20 | Tutor: Fiona Shannon

“Throw” off some steam after the back-to-school blues. In this “have a go” session you will learn the basics of throwing on the pottery wheel in a relaxed and fun environment. Pots will be fired for collection at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



➤ **"We felt so welcome and we had a brilliant time!"**

Weekend Wonders |

Grandparents' Day Special for all ages

Saturday 5 October | 10-11.30am

Cost: £14 (for 1 child and 1 grandparent),

£21 (for 2 children and 1 grandparent) |

Tutor: Linda Mulholland



To celebrate Grandparents' Day, grandparents and grandchildren will design and create personalized mixed-media photo frames, accompanied by a sweet note. These are perfect to display photos of precious memories.

Halloween Lantern Workshop for ages

8-12 yrs

Saturday 26 October | 10.30am-12.30pm

Cost: £15 | Tutor: Fiona Shannon

Little Halloween fans will design and make creepy Halloween clay lanterns using air dry clay, which means they can take it home, paint it and let it dry naturally – just in time for spooky celebrations.



Fused Glass Christmas Decorations

for 8-12 yrs

Saturday 23 November | 10am-12noon

Cost: £25 | Tutor: Natasha Duddy

Brilliant opportunity for kids to make gorgeous glass Christmas decorations.

Closed footwear must be worn for safety.



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.

Landscape For Beginners

Thursday 5-26 September | 7-9pm

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

Explore land and seascape through observational painting techniques, creating images of the coast using acrylics and mark-making. This course is suitable for beginners and those with some painting experience. *A full list of materials to bring is included in our website event listing or call our reception team on 028 7083 1400.*



T'ai Chi for all levels

Thursday 5 September-24 October | 7-9pm

Cost: £75 full, £68 concession

Tutor: Dr Philip Johnston

Learn to relax through gentle movement and improve your physical fitness in this eight-week course. T'ai Chi and Qigong helps you focus on meditation, creating harmony and bringing balance to your daily life. Alongside health and fitness benefits, the philosophy of harmony and balance can help make every aspect of life happier, healthier and more compassionate.



Please wear comfortable clothes that allow free movement and bring a bottle of water.

Fused Glass Jewellery

Wednesday 11 September

Session 1 | 3-5pm | OR Session 2 | 7-9pm

Cost: £45 full, £42 concession | Tutor: Natasha Duddy

Two great workshops to help you create your own unique fused glass jewellery designs. *Please wear closed footwear for your safety.*



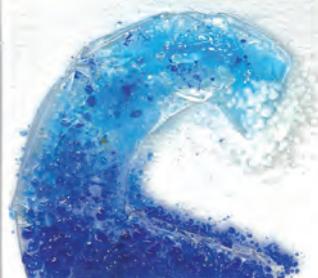
➤ **“Excellent experience. Lovely learning environment, supportive, comfortable and inclusive.”**

Fused Glass Sea Wave

Saturday 14 September | 10am-12.30pm

Cost: £45 full, £42 concession | Tutor: Natasha Duddy

Learn to design, colour and fuse a beautiful glass sea wave which can be mounted and hung in the home.
Please wear closed footwear for your safety.



Still Life in Focus

Friday 20 September, 4 & 18 October | 10am-1pm

Cost: £60 full, £55 concession | Tutor: Elaine Harkness

Exploring drawing colour and tone, you will create your own personal colour chart to keep. In the second two weeks you will create a larger still life painting, look at famous and contemporary still life paintings and consider the importance of composition.



Damian Gorman | A Writing Boost

Friday 20 September 1pm-6pm AND Saturday 21 10.30am-5pm

Cost: £ 75 full, £70 concession

Join poet and playwright Damian Gorman for two inspiring days of workshops and conversations – perfect for new and seasoned writers. Damian is a Fellow of the Oxford Initiative for Global Ethics and Human Rights and recently brought to the stage *Beyond Belief*, about the life of John Hume.



Expressive Coastal Painting

Saturday 21 September | 10.30am-12.30pm AND

Thursday 26 September | 7-9pm AND

Thursday 3 October | 7-9pm

Cost: £60 full, £55 concession | Tutor: Heather Byrne

Discover sketching and painting techniques in this three-part course. Develop expressive drawing, experiment with mixed media, and refine your studies into focused paintings, inspired by contemporary artists. Perfect for all skill levels.
Please note workshop 1 is on a Saturday outdoors, with 2 & 3 studio based on Thursday evenings.



5-Week Throwing Course for Beginners & Improvers

Series 1 | Wednesday 25 September–23 October | 2.30–4.30pm

Series 2 | Wednesday 25 September–23 October | 7-9pm

Series 3 | Thursday 26 September–24 October | 10.30am–12.30pm

Series 4 | Thursday 26 September–24 October | 7-9pm

Series 5 | Wednesday 6 November–4 December | 2.30–4.30pm

Series 6 | Wednesday 6 November–4 December | 7-9pm

Series 7 | Thursday 7 November–5 December | 10.30am–12.30pm

Series 8 | Thursday 7 November–5 December | 7-9pm

Cost: £145 full, £130 concession per series (includes all materials)

Tutor: Fiona Shannon

Learn the basics of throwing on the pottery wheel to create a variety of different pots, mugs and bowls, including turning techniques and how to add handles and feet. In the last week you will add colour to your pots using a variety of underglazes. Participants will use stoneware clay to make items to be fired and glazed with a clear glaze by the tutor and collected at a later date.

Please wear old clothes, bring an apron, and keep nails short.



5-Week Hand-Building Course for Beginners and Improvers

Series 1 | Thursday 26 September–24 October | 2.30–4.30pm

Series 2 | Thursday 7 November–5 December | 2.30–4.30pm

Cost: £145 full, £130 concession | Tutor: Fiona Shannon

Master hand-building techniques like slab building, coiling, and pinch pots to create vases and bowls, then finish with vibrant slips. Your pieces will be glazed and fired to be collected at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



➤ **"We came all the way from Belfast just to do the class and would again!"**

Sketching a Response to Nature

Saturday 28 September – Saturday 19 October | 10.30am-12.30pm

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

Join Sarah Carrington for a 4-week course on capturing nature's changing beauty. Enhance your landscape skills by observing weather, clouds, and textures using sketchbooks. Perfect for improving your observation techniques in nature.



Slow Stitch Series |

Vintage Blanket Cushion Cover

Wednesday 2 & 16 October | 10am-1.30pm

Cost: £40 full, £37 concession | Tutor: Helen Walshaw

Create a vintage blanket cushion cover using simple hand embroidery. Explore traditional 'sampler' stitches with a contemporary twist, combining threads like silk and wool for added texture and interest on felted blanket fabric.



Fused Glass Candle Holder

Wednesday 2 October

Session 1 | 3-5pm OR Session 2 | 7-9pm

Cost: £45 full, £42 concession | Tutor: Natasha Duddy

Design and make a fused glass candle holder which captures and plays with the flame to beautiful effect. *Please wear closed footwear for your safety.*



Tiffany Glass Autumn Abstract

Saturday 5 October | 10am - 1.30pm

Cost: £55 full, £52 concession | Tutor: EJ McCartney

Create your own beautiful Tiffany autumn abstract piece to hang or stand, using techniques to complete your unique seasonal coloured Tiffany piece. You will learn how to score and cut glass; grind, foil and solder your shapes together. Come prepared with your glassy imagination ready to design, create and take away on the day.

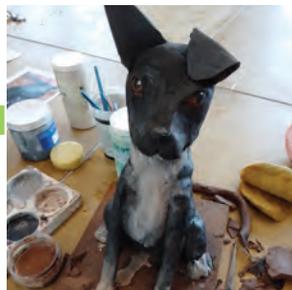


Sculpt Your Own Pet

Saturday 5 October | 10am-1pm

Cost: £45 full, £42 concession | Tutor: Fiona Shannon

Design and sculpt your pet in clay, perfect for beginners and experienced artists. Bring a photo to capture your pet's character. Your piece will be fired to be collected at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



Fused Glass Clock

Wednesday 9 October | 2-5pm

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

Design and make your own unique fused glass clock – a real statement piece for your home or a gift. Your clock will be fired with mechanisms added for pick up at a later date. *Please wear closed footwear for your safety.*



Slow Stitch Series | Zen Mending - Japanese Sashido and Boro

Thursday 10-24 October | 7-9pm

Cost: £35 full, £32 concession | Tutor: Helen Walshaw

Explore the meditative art of hand-stitching. Discover Japanese Boro and sashido techniques, transforming worn fabrics into beautiful, functional textiles, embracing the “Wabi-Sabi” philosophy of imperfect beauty.



Slow Stitch Series | Folk Art Applique

Saturday 19 October & Saturday 2 November | 10am-1.30pm

Cost: £35 full, £32 concession | Tutor: Helen Walshaw

For sewers and beginners, explore diverse appliqué techniques including hand-tucked, raw-edged, and decoupage. Create unique textile collages with folk art motifs, perfect for wall hangings, bags, or cushions.



Felting | Make an Autumn Tree or Fox

Saturday 19 October | 10am-1pm

Cost: £25 full, £22 concession | Tutor: Carolyn Faith

For fabulous felters or newbies! Join Carolyn from Woolly Wild Folk to felt a colourful seasonal tree image or a fantastic Mr. Fox. The choice is yours!



Alexander Technique Session

Saturday 19 October | 10am-1pm

Cost: £30 full, £27 concession | Tutor: Dr Philip Johnston

Embrace the Alexander Technique which teaches improved posture and movement, believed to help reduce and prevent problems caused by unhelpful habits. During this special workshop, you're taught to be more aware of your body, how to improve poor posture and move more efficiently.



Tiffany Glass | Moon and Stars

Saturday 26 October | 10am-1.30pm

Cost: £55 full, £52 concession | Tutor: EJ McCartney

Hand cut and shape your own hanging tiffany glass crescent moon and stars. Eleanor-Jane teaches the processes of tiffany glass making, and you leave with a beautiful crescent moon and stars. You'll learn how to score and cut glass, grind, foil and solder and a suction hook will be provided so that you can make, take and hang your little beauty all on the same day. *Please wear closed footwear for your safety.*



Tiffany Glass | Christmas Berried Wreath

Saturday 9 November | 10am-1.30pm

Cost: £55 full, £52 concession | Tutor: EJ McCartney

Create a stunning circular, berried wreath using the beautiful Tiffany glass technique to decorate your home for Christmas. Design, create and take away on the day. *Please wear closed footwear for your safety.*

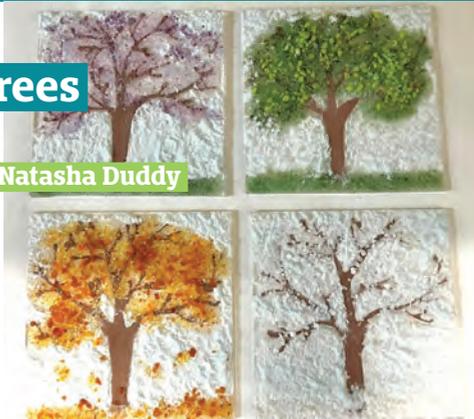


Fused Glass Autumn Trees

Wednesday 13 November | 2-5pm

Cost: £45 full, £42 concession | Tutor: Natasha Duddy

Using autumnal, glassy, beautiful hues and colours, fuse your own glass tree to decorate your home. Your work will be fused ready to pick up at a later date. *Please wear closed footwear for safety.*



Ceramic Christmas Tea Light Holder

Saturday 16 November | 10.30am-12.30pm

Cost: £25 full, £22 concession | Tutor: Fiona Shannon

Fiona will guide you through designing and making festive Christmas tea lights perfect for your dinner table. Finished pieces will be fired to be collected at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



Ceramic Christmas Tree Decorations

Saturday 16 November | 2-3.30pm

Cost: £25 full, £22 concession | Tutor: Fiona Shannon

In this one-off workshop, Fiona will guide you through designing and making festive Christmas decorations and tea lights perfect for your tree and table. Finished pieces will be fired to be collected at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



Fused Glass Christmas Decorations

Wednesday 20 November

Session 1 | 3-5pm OR Session 2 | 7-9pm

Cost: £45 full, £42 concession | Tutor: Natasha Duddy

In time for Christmas, a chance to make your own colourful unique fused glass decorations. *Please wear closed footwear for your safety.*



Little Landscapes

Thursday 21 November-12 December | 7-9pm

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

Learn the skills and techniques to capture big landscapes and detail in small scale to make miniature landscape pieces. By the end, you will have a small canvas, framed and ready to take home or give as a lovely gift at Christmas.



Fused Glass Christmas Decorations

Saturday 23 November | 1-3pm

Cost: £45 full, £42 concession | Tutor: Natasha Duddy

A chance to make your own colourful unique fused glass decorations in time for Christmas. *Please wear closed footwear for your safety.*



Ceramic Gingerbread House

Saturday 23 November | 10am-1pm

Cost: £45 full, £42 concession | Tutor: Fiona Shannon

Design and make your Christmas Gingerbread House which you can use as a centrepiece for your festive table. Designed for beginners, this class will be a fun creative environment to get crafty using a range of clay techniques. Your house will be fired to be collected at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



Winter Wonderland Table Centrepiece

Saturday 7 December | 10am-1pm

Cost: £45 full, £42 concession

Tutor: Fiona Shannon

A one-day workshop suitable for beginners or experienced potters to design and make your own winter wonderland table centrepiece which you can use to decorate your festive table. Centrepieces will be fired to be collected at a later date. *Please wear old clothes, bring an apron, and keep nails short.*



Tiffany Glass Christmas Angels

Saturday 7 December | 10am-1.30pm

Cost: £55 full, £52 concession | Tutor: EJ McCartney

In perfect time for Christmas, choose whether your Christmas angel will fly or refract light as you make your own halo hanger or mirror candle base. Eleanor-Jane will lead you through the techniques to complete your unique tiffany angel piece - designed, created and completed on the day. *Please wear closed footwear for your safety.*



Felting | Woolly Wild

Folk Santas

Saturday 7 December | 10.30am-2.30pm

Cost: £30- full, £27 concession

Tutor: Carolyn Faith

Felt a loveable, woolly Santa figure to make the perfect decoration or adorable gift!



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.

Mug Painting with Fiona Shannon

Wednesday 25 September | 9.30-11am | Cost: £8

Unleash your inner artist and create a mug masterpiece perfect for those much-needed caffeine hits!

Watercolour Nursery Print with Elaine

Harkness

Thursday 24 October | 9.30-11am | Cost: £8

Create a beautiful watercolour piece that you can display in your little one's bedroom.

Creative Writing with Bernie McGill

Wednesday 27 November | 9.30-11am | Cost: £8

With prompts and support from Bernie you'll create a poem or piece of prose about your motherhood journey, about your baby, or about yourself.

My First Christmas Decoration with Fiona Shannon

Wednesday 11 December | 9.30-11am | Cost: £8

Craft your baby's first Christmas decoration, a personal keepsake to cherish forever.

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.

