

Wednesdays

9TH WORLD MENTAL HEALTH DAY	11am to 3pm	Wellbeing Day Yoga followed by Mindfulness art making - 11.00am to 12.30pm yoga with Hayley, Mindfulness Art Wet Felt Flowers - 1pm to 3pm - with Sally	£40 per day
2ND 16TH	11am to 3pm	Wednesday Wellbeing Days Yoga followed by Mindfulness art making - 11.00am to 12.30pm Yoga with Hayley, Mindfulness Art Wet Felt Flowers - 1pm to 3pm - with Sally 2nd Oct Yoga / dot mandalas 9th and 16th Oct Yoga / Wet Felt Flowers Bring a packed lunch!	£40 each day
23RD 30TH	10.30am to 1.30pm	3 week batik course - silk scarves Over the three weeks you will be supported to learn and create a batik silk scarf- Luxurious to wear or to give as a special gift. Must commit to whole course	£45 per course

Thursdays

3RD 10TH 17TH 24TH 31ST	10am to 12pm	Textile Workshops: 3rd, Silk painting flag/panel 10th, Wet felt flowers 17th, Figurative sculpture using modroc 24th, Halloween themed salt dough garlands Southend Halloween Parade - Saturday 26 th October 31st Needle felt poppies	£20 per workshop
3RD 10TH 17TH 31ST	1.30pm to 3.30pm	Open Arts Extra – garden screening inspired by illustrator and print maker Angie Lewin , you will learn how to scale up an A4 drawing using a grid method. Using acrylics and a limited colour palette you will transform an oversized blank sheet of canvas into a work of art that will be displayed in the garden and act as a privacy screen	£10 per session

Fridays

4TH 11TH 18TH 25TH	11am to 1pm and 2pm to 4pm	Friday Drop in sessions Tea and Textiles (other drinks are available!) Bring those art projects you haven't got round to doing or join in and make something with the fabric selections available	Minimum donation £6
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Book your place by emailing or calling Jo the Open Space and Open Arts Manager on jo.keay@nhs.net 07980 982 462

November

Tuesdays



5TH 12TH 19TH 26TH	10am to 12 pm	Art for Wellbeing Continuation of 12 week multi themed course for Wellbeing	£20 each session
5TH 12TH 19TH 26TH	1pm to 3pm	Art for mental health Continuation of 12 week multi themed course for Mental Health	£10/ £5 contribution (each session)

Wednesdays

6TH	10.30am to 1.30pm	Week 3 of batik course - silk scarves Over the three weeks you will be supported to learn and create a batik silk scarf- Luxurious to wear or to give as a special gift. Must commit to whole course	£45 per course
20TH 27TH	11am to 3pm	Chair Yoga followed by Mindfulness art making 11.00am till 12.30pm Chair Yoga, followed by Mindfulness art 1pm to 3pm 2 weeks of silk painting Bring a packed lunch!	£40 per day

Thursdays

7 TH 14 TH 21 ST 28 TH	10am to 12pm	CHRISTMAS themed Workshops 7th, Needle felt personalised bauble 14th, Scandi gnomes 21 st & 28th Lino cut design and print your own Christmas cards	£20 each session
7 TH 14 TH 21 ST 28 TH	1pm to 3.30pm	Open Arts Extra – Make an Open Arts advent calendar reusing textile fabrics	£10 per session

Fridays

1 8 TH 15 TH 22 ND 29 TH	11am to 1pm and 2pm to 4pm	Friday Drop in sessions Tea and Textiles (other drinks are available!) Bring those art projects you haven't got round to doing or join in and make something small with the fabric selections available	Minimum donation £6
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December



Tuesdays

3 RD	11am to 1pm	Art for Wellbeing - LAST SESSION Continuation of 12 week multi themed course or Wellbeing	£20 each session
3 RD	2pm to 4pm	Art for Mental Health – LAST SESSION Continuation of 12 week multi themed course for Mental Health	£10/ £5 contribution each session
10 TH	11am to 3pm	Design and draw the Christmas themed window display using white media	£10 per session

Wednesdays

4 TH 11 TH 18 TH	10.30am to 1pm 2pm to 4.30 pm	CHRISTMAS themed Workshops 4th, Scandi gnomes 11th, Needle felt robins 18th Partridge and Pear tree decorations in felt	£25 per session
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Thursdays

5 TH	10am to 12pm	CHRISTMAS Session Make Fairy/ Pixie boots	£20 per session
5 TH	1pm to 3.30pm	Open Arts Extra – Reusing textile fabrics make upcycled fabric tinsel	£10 per session
12 TH	12 to 3pm	Join us! For the OPEN ARTS Christmas get together and fun activity!	Donations welcome
19 TH	10am to 12 pm	CHRISTMAS Session Wet felt a Tea Light Holder Lantern	£20 per session
19 TH	1pm to 3.30pm	CHRISTMAS Session Mandala Dot Baubles	£20 per session

Fridays

6 TH 13 TH 20 TH	11am to 1pm and 2pm to 4pm	Friday Drop in sessions Tea and Textiles (other drinks are available!) Bring those art projects you haven't got round to doing or join in and make something small with the fabric selections available	Minimum donation £6
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You can donate by scanning this QR code which takes you to our Justgiving Page www.justgiving/page/openartsessex

Please donate to Open Arts via our justgiving page Open Arts is managed under **EPUT Charity Fund**.
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