



## Meeting Ground: Programme of Events

Join us for a series of FREE events at Nuns Way Pavilion

### Sunday 16 February

Join us for the opening party of *Meeting Ground*  
*Free refreshments all day, served by Turtle Dove*

**12 – 2pm**

*Mindful activity pack:* Join artist Rachel McGivern for creative activities

**2pm**

*Official opening with the Mayor of Cambridge*

**2 – 4pm**

*Origami movements:* Artist Jacqui Campbell will be leading mindful origami activities inspired by sessions with CamSight young people

### Monday 17 February

**12 – 2pm**

*#MeetUpMondays:* Stop by for a cup of tea and slice of cake, and meet people for a chat

**2.30 – 4.30pm**

*Seasonal Wreath Making Workshop:* Join artist Ian Brownlie and create your own natural wreath

### Tuesday 18 February

**12 – 2pm**

*Lavender Bag Workshop:* Lavender has long been associated with calm and rest. Create your own lavender bag in this workshop

**2 – 4pm**

*Origami Sculptures:* Artist Jacqui Campbell will be leading mindful origami activities inspired by sessions with the Japanese Toddler Group from Arbury Community Centre

**4.30pm**

*Storytime:* Join us for a special end of the day reading

### Wednesday 19 February

**12 – 2pm**

*Scented Candle Workshop:* Wright & Vandame will help you create your own unique scented candle to enjoy at home

**2 – 4pm**

*Build a Model House Workshop:* Inspired by *Up!* Discover how to create your own model house to float away in

**4.45pm**

*Family Film Screening:* Join us for a special screening of the Disney feature *Up!* with our friends from the Cambridge Film Festival

**7pm**

*\*Adult Film Screening:* Join us for a special screening of the 80s comedy

*Airplane!* inspired by the sky-themed exhibition at Nuns Way Pavilion. There will also be an extra feature of the short film *A Year Along the Abandoned Road*

### Thursday 20 February

**12 – 2pm**

*Art & Soul:* Join Wright & Vandame for drop-in creative drawing activities

**3 – 5pm**

*Pick your own Pot-pourri Workshop:* Make your own pot-pourri with Wright & Vandame.

**3.15 – 4.15pm**

*Family Yoga:* Join Jo Darking for a family yoga session

### Friday 21 February

**10.30am**

*Mindful Creative Walk:* Join artist Jo Miller for a mindful walk followed by a creative activity at Nuns Way Pavilion. Meet outside the pavilion wearing suitable clothing

**12 – 2pm**

*Make and Munch Lunch:* Join us for a light lunch and creative activities with artist Iona McCuaig

**10pm – Midnight**

*\*Night Owls:* For individuals who are still awake in the late hours, Wright & Vandame will be hosting a drop in cheese tasting with mocktails and games

### Saturday 22 February

**12pm**

*Sanctuary Box Workshop:* Join Artist Anu Ann and make your own 'sanctuary box' inspired by Kettle's Yard founder, Jim Ede, and the objects he kept with him to support his wellbeing

**2 – 4pm**

*Animal Encounters:* Furry creatures from Ark Farm will be joining us throughout the afternoon for you to meet and draw

**4 – 5.30pm**

*Music Making:* Musician Ian Brownlie will bring instruments for you to have a go and create your own sounds

## Sunday 23 February

**12pm**

*Art & Soul:* Join Wright & Vandame for drop-in creative drawing to music activities

**2 – 4pm**

*Silent Disco:* Dance your blues away at our silent disco with DJ and artist Loreto Valenzuela

**4 – 6pm**

*Bath Bomb Workshop:* Wright & Vandame will help you create your own bath bomb

## Monday 24 February

**12 – 1.30pm**

*#MeetUpMondays:* Stop by for a cup of tea and slice of cake, and meet people for a chat

**1.30 – 2.30pm**

*\*And Breathe:* Join Breathworker Lisa Sibley and discover daily tools for managing stress and relaxing

**3pm**

*\*Walk for Well-being:* Join Anna Gilchrist, community coordinator at Cambridge-based charity, Illuminate, for a gentle walk and ask any questions about your mental health and wellbeing. Gilchrist will also explain more about local projects and opportunities.

## Tuesday 25 February

**10.30am**

*Introduction to Aromatherapy:* Anu Ann will lead an instruction and taster to this ancient practice

**1 – 3pm**

*Stitch for your soul:* Join Cathy Dunbar and Anu Ann to discover how they worked with local women to create a patchwork weighted blanket and learn how you can create your own

**4pm**

*CoderDojo:* Artist Jacqui Campbell will join the weekly coding club for a special session

## Wednesday 26 February

*Meeting Ground is closed today due to regular community group sessions in the building*

## Thursday 27 February

**12 – 2pm**

*Art & Soul:* Join Wright & Vandame for drop-in creative drawing activities

**2 – 3pm**

*Gong Relaxation Session:* Join Lizzie as she introduces you to gong relaxation; a special session where you relax with the vibrations of instruments

**4 – 5.30pm**

*Lego Laboratory:* Wright & Vandame will join the weekly Lego Lab for a special session

## Friday 28 February

**12 – 2pm**

*Early Years Artists:* Free, creative session for little ones with artist Ian Brownlie

**2 – 3pm**

*\*Shiatsu Awareness Month:* Shiatsu practitioner Monica Konrad introduces the ancient practice of Shiatsu

**3 – 4.30pm**

*Shiatsu mini-tasters:* As part of Shiatsu Awareness Month, Monica is offering free mini-tasters of Shiatsu massage. Please book a 15 minutes slot on the day at Nuns Way Pavilion

**3 – 4.30pm**

*TGI Makeday Workshop:* Join artist Ian Brownlie for a free drop-in workshop

## Saturday 29 February

**9.30 – 11.30am**

*\*Birdsong:* Join Josh Bilton for a performance and sound based workshop aimed at adults to explore the mythology of spirit doubles

**12 – 2pm**

*Flower Pound Workshop:* Join artist Rachel McGivern to hammer natural objects into cloth, creating a beautiful print

**2 – 4pm**

*Afternoon with Anu:* Join artist Anu Ann for an afternoon of fun and creativity

**4 – 6pm**

*LGBTQ+ Drawing:* Wright & Vandame invite our local LGBTQ+ community to join them for an afternoon of drawing and conversation

## Sunday 1 March: LAST DAY

**12 – 2pm**

*Poetry and Spoken Word:* Cambridge Community Arts will be leading an afternoon of wonderful words

**2pm**

*Cookery Workshop:* Join us for a cookery workshop with the Let's Cook Project!

**3 – 4pm**

*The Great Muffin Bake Off:* Wright & Vandame invite you to bake and decorate your perfect muffin and enter it for 'The Great Muffin Bake Off!'

**4 – 5pm**

*Play With Your Food:* Join artist Anu Ann and create your own delicious and beautiful fruit sculptures

**5pm**

*Farewell Tombola with Music:* Come together for a Tombola featuring original works of art and objects inspired by or created during the two weeks of *Meeting Ground*. Everyone who attends will receive a free ticket and chance to win! With music from Ian Brownlie.

\*suitable for adults only

