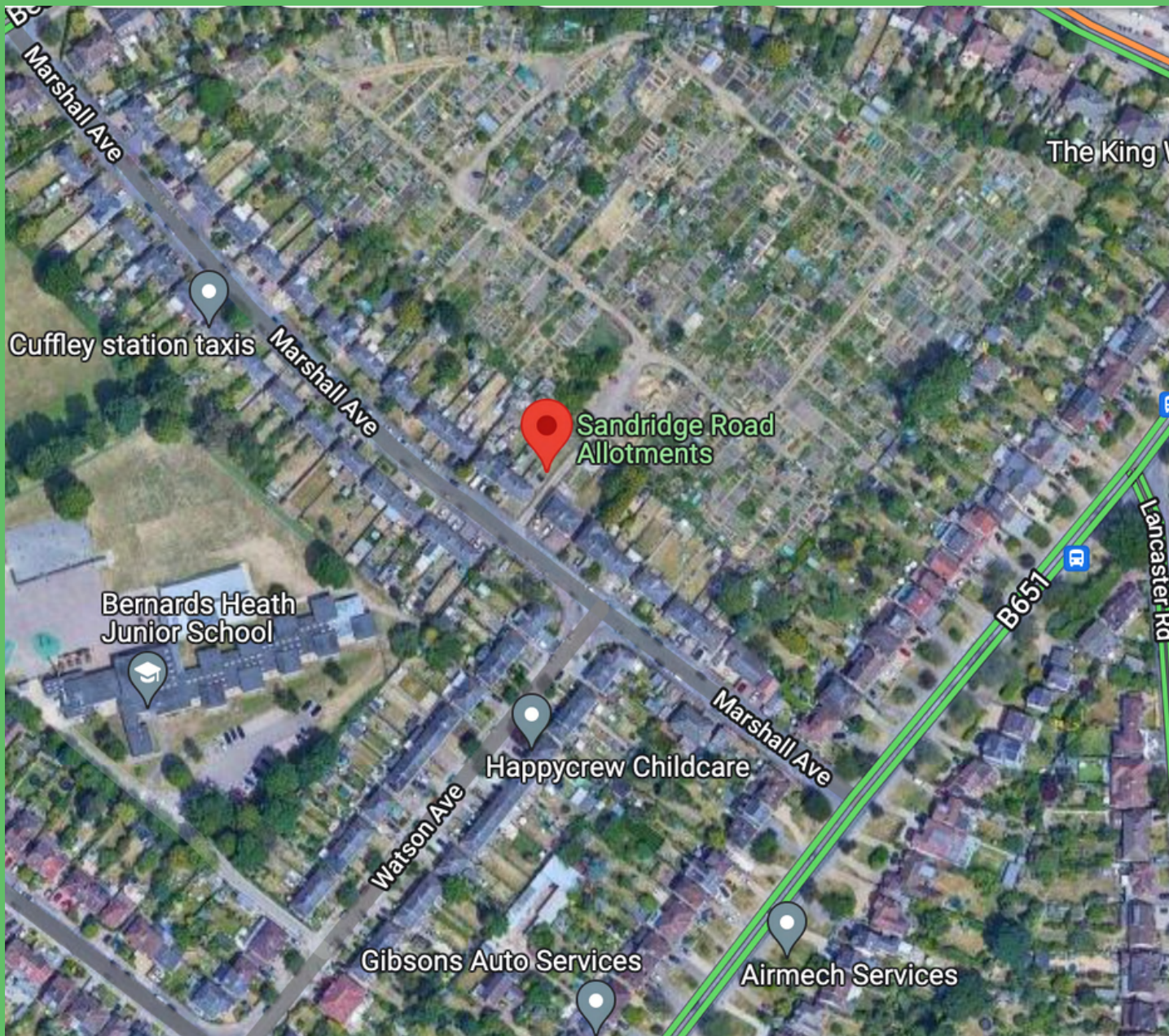


OLLIE'S SPRING WELLBEING PROGRAMME

Wed 20th April	<p><u>Needle Felted Key-Rings - Book Here</u></p> <p>Come and join artist Mary Dewick who will provide you with all the materials you'll need to needle-felt a beautiful key-ring made from natural fleece.</p>	09:30 - 11:00	£3	Adults only
Wed 20th April	<p><u>Zentangle Art Card Creation - Book Here</u></p> <p>This session provides 90 minutes of calm in the fresh air where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art mounted on a card.</p>	11:30- 13:00	£3	Adults only
Fri 29th April	<p><u>Write to Release - Book Here</u></p> <p>Jenny Ford guides this writing workshop, designed to release your emotions in a safe and positive way. This session helps you let go of what no longer serves you leaving you feeling empowered and free.</p>	10:30- 12:00	£3	Adults only
Sat 28th May	<p><u>Herbs for Healing - Book Here</u></p> <p>Join our 1 hour outdoor workshop with horticulturalist Sheila Poole to discover the healing and holistic benefits of herbs to promote and boost your wellbeing.</p>	10:00- 11:00	£3pp	Open to all- bring the family
Sat 11th June	<p><u>Plastic Free Gardening - Book Here</u></p> <p>Learn how to creatively switch to biodegradable alternatives to plastic to avoid contributing to the pollution and harm to wildlife and our environment.</p>	10:00- 11:00	£3pp	Open to all- bring the family
Mon 25th July	<p><u>Lavender Wands - Book Here</u></p> <p>Weave in the magic of lavender scent into your very own lavender wand, complete with your hand drawn Zentangle tag to complete your gift.</p>	11:00- 12:30	£3	Teens and Adults

To find out more about all of the training, talks and events that OLLIE have to offer this spring, check out our online calendar here: www.theolliefoundation.org/calendar

WHERE TO FIND US...



OLLIE's Community
Garden,
Sandridge Road
Allotment, St Albans,
AL3 5HS

If you would like to find out more about the work of this vital local charity,
make a donation, fundraise or volunteer, please visit
www.theolliefoundation.org or email contactus@theolliefoundation.org

