

# Guideposts in Gloucestershire Programme of Activities

September 2020

## Thursday 10th September 11am – 12pm

**11am** Let's chat about what you want - activity plan for October.

**11.15 am** Crafty Corner - Inspire mindfulness and innovation in the home and explore your creativity!

Today's session, **creating pictures with salt.**

Materials needed:

- Salt
- Paints (watercolours or school type)
- Paper (preferably card or thick paper)
- Glue (school type).

*We welcome your ideas and requests for topics, guest speakers or activities for Zoom groups and will try to meet as many requests as possible.*

## Thursday 24th September 11am – 12pm

**11am** Topic of the day. Coffee and chat.

**11.15 am** Crafty Corner - Inspire mindfulness and innovation in the home and explore your creativity!

Today's session, **cards using shaving foam technique.**

Materials needed:

- Paper towels
- Cheap shaving foam
- Scraper or old credit card
- Knife
- Cocktail sticks
- Paper plate (can use ordinary plate)
- 3 different coloured inks (dark, medium, light colours).

**Please contact Liz Pollock for more information, to make a request, or to enquire about joining a Zoom session.**

**Call 07850 204910 or email [epollock@guideposts.org.uk](mailto:epollock@guideposts.org.uk).**

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