



THE
create **HOOD**

Where creativity loves company

where we meet

Shipston on Stour

Fortnightly Wednesday evenings 7pm
Ellen Badger Hospital, 28 Stratford Road,
Shipston-on-Stour CV36 4AU

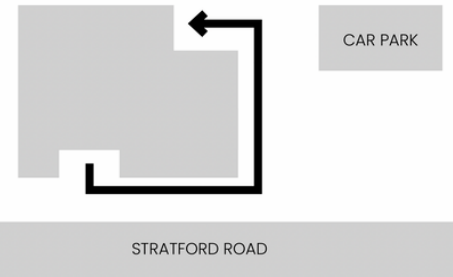
Please come to the door at the car park entrance (rear of the building) furthest away from the road. There will be a telephone number taped to the door if you need to be let in!

There is plenty of free parking and level access to the building.

Stratford upon Avon

Fortnightly Friday daytimes at 12pm
Shipston Road, (Waitrose roundabout),
Stratford-upon-Avon CV37 8LU

There is plenty of pay and display parking (the car park uses automatic number plate recognition so be sure to pay!) and level access to the building.



accessibility

We want everyone to feel welcome and comfortable with us. All of our venues have step-free, level access. Seating and tables are provided, and you're always free to move around, take breaks, or adapt the activity in a way that works for you. The sessions are relaxed, unpressured and friendly, and there's no expectation to 'keep up' or get things perfect.

If you have any access needs, questions, or something that would help you feel more at ease, please let us know before you attend. We're always happy to chat and do what we can to make your experience a good one. Simply email lucy@rmgcreative.co.uk

what to expect

Each Createhood session explores a different craft, but the format stays the same so once you've been to one, you'll always know what to expect.

We start with a few safety notices, a warm welcome and a gentle introduction to the activity.

Everything is explained step by step, and there's no pressure to be 'good' or to finish anything perfectly. This is as much about enjoying the process as producing something that you love!

All materials are provided, and you're free to work at your own pace. You can chat, sit quietly and focus, or dip in and out of conversation, whatever feels right for you that day.

Sessions are relaxed, friendly and unhurried, with plenty of time to create, connect and take a breather from everyday life. You'll leave having tried something new, spent time with lovely people, and (hopefully) feeling a little lighter than when you arrived.

Session length & flow: Sessions last around 90 minutes. There's a short introduction, plenty of time to create at your own pace, and space to chat, pause or simply enjoy the process.

Arriving & settling in: You can arrive a few minutes early to get settled if you wish, just come in, grab a drink and find a seat. If you arrive late, that's okay too – we'll soon get you sorted!

Taking breaks & looking after yourself: You're free to take breaks, step outside, stretch or pause whenever you need. Do what feels right for you.

Contact & questions: If you have any questions before or after your session, or anything you'd like us to know, simply email lucy@rmgcreative.co.uk and let's chat things through.

what to bring

You don't need to bring anything as all materials are provided. That said, if you have a favourite material or tool you'd like to use in your project, you're very welcome to bring it along.

There'll be a lovely selection of hot drinks available, but if you'd prefer to bring your own refreshments, that's absolutely fine too.

who will be there?

Createhood sessions are run by Lucy Kirkman, and are open to everyone (age 18+).

Sessions are designed for adults who'd love to make time for creativity in their lives – whether you already think of yourself as 'arty' or not!



They're for you if:

- you enjoy making things, or you're curious to try
- you want a break from screens, noise and busyness
- you'd like to meet lovely new people
- you're craving something just for you
- you want a welcoming space where there's no judgement
- and no 'right way' to do things

You don't need any experience, confidence or artistic ability, just a willingness to give it a go along with other friendly people!



**For more information and to book
your Meet & Make session:**

visit the website

or join the

**Createhood
Facebook group**

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