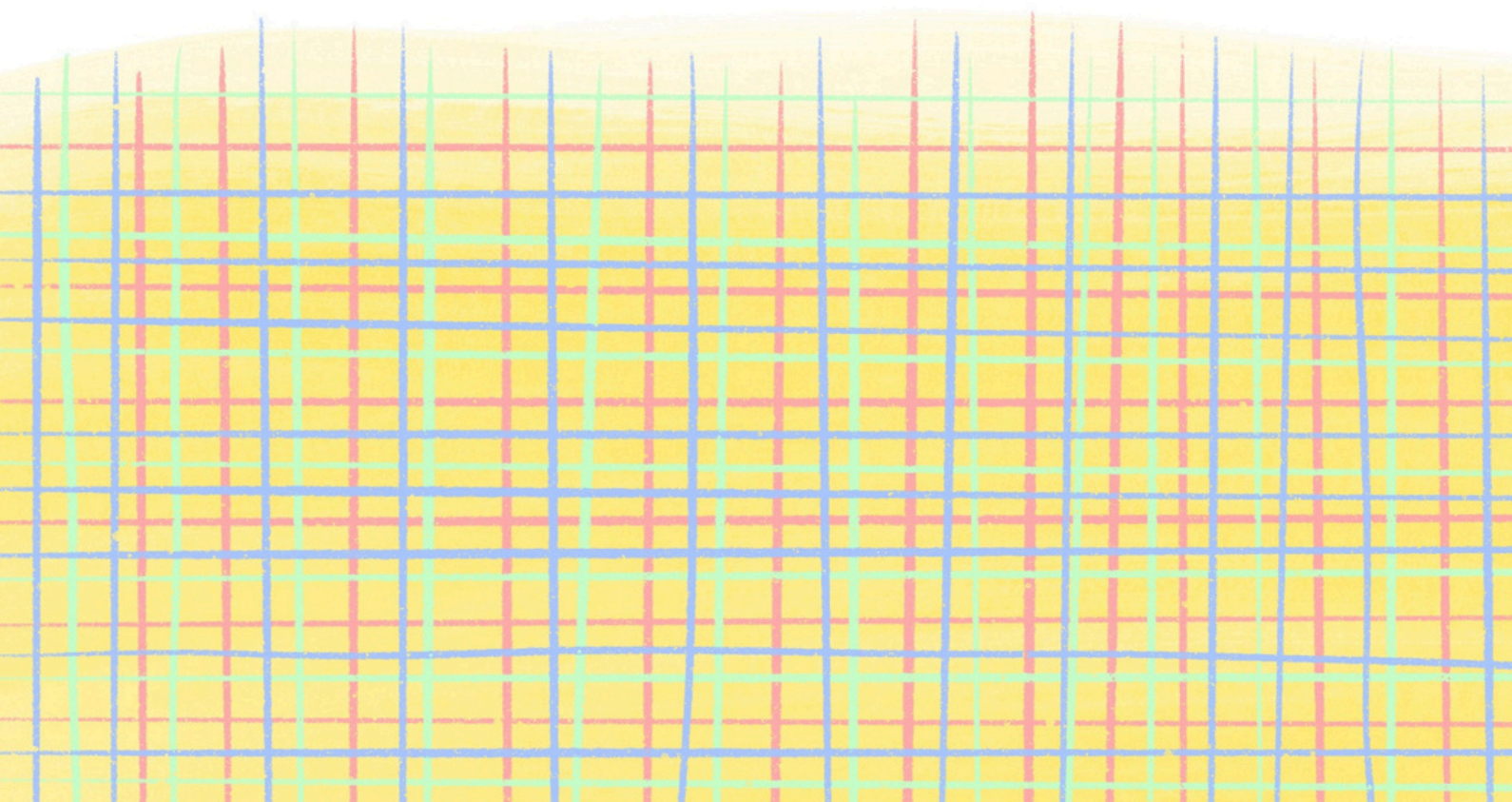


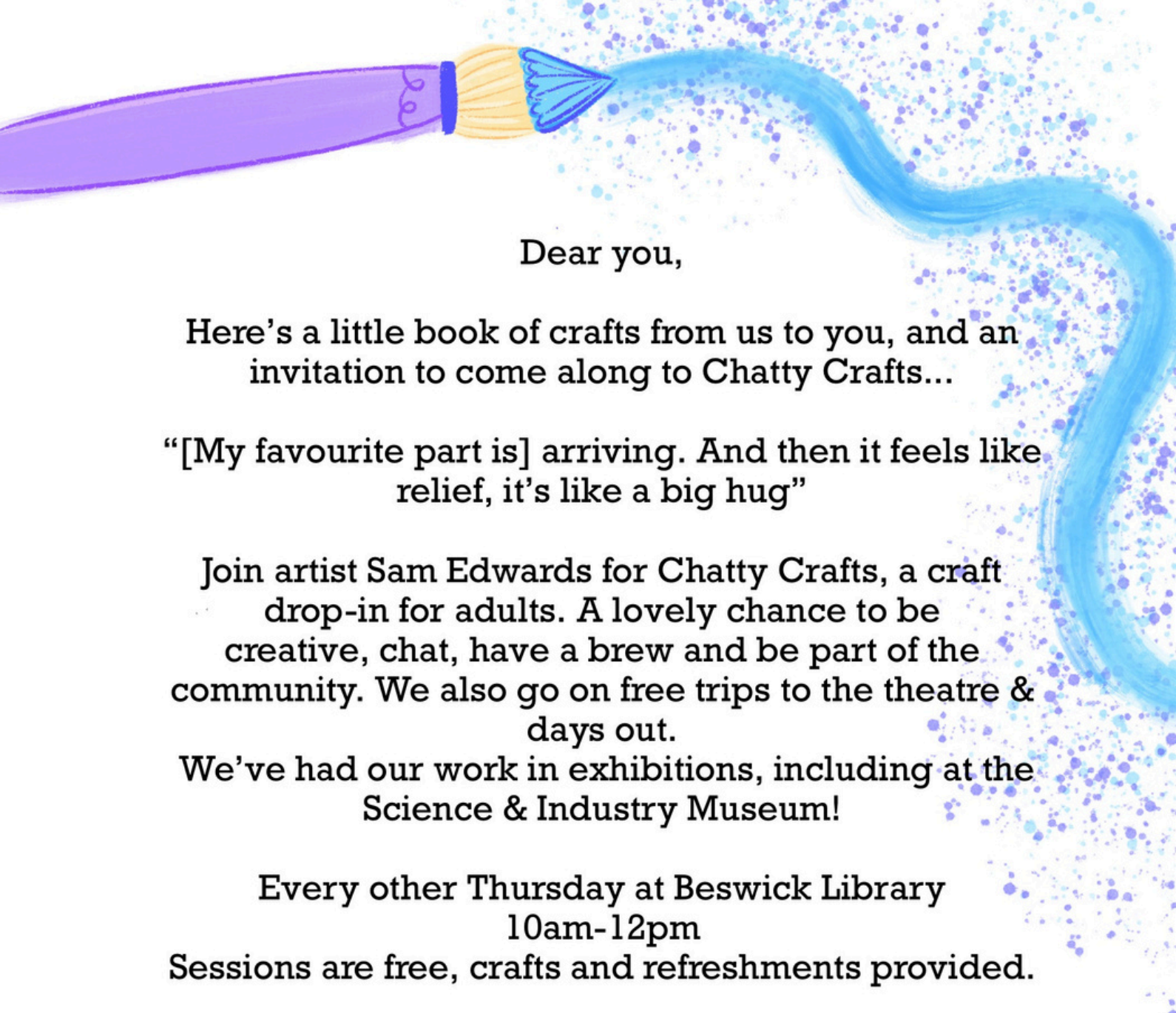
The little book
of you time.





hello.





Dear you,

Here's a little book of crafts from us to you, and an invitation to come along to Chatty Crafts...

"[My favourite part is] arriving. And then it feels like relief, it's like a big hug"

Join artist Sam Edwards for Chatty Crafts, a craft drop-in for adults. A lovely chance to be creative, chat, have a brew and be part of the community. We also go on free trips to the theatre & days out.

We've had our work in exhibitions, including at the Science & Industry Museum!

Every other Thursday at Beswick Library
10am-12pm

Sessions are free, crafts and refreshments provided.

We'd love to see you there!

Warmest wishes, The Chatty Crafters

Chatty Craft is a Royal Exchange Theatre Project,
created by our local Ambassadors for Beswick, and
funded by One Manchester





Make a Lovely photo Frame

Using the template around the edge of this page, create a lovely photo frame. cut it out and back it on to an empty cereal box to make it strong.

Add a photo of a loved one and enjoy it in your home or give it to someone to make their day.



Tomato Soup recipe

Add one chopped onion and a head of chopped celery to a pan and soften. Then add two spuds chopped in to cubes, a tin of tomatoes, a veggie stock cube and a big squeeze of tomato purée. Then fill your empty tin with water and add that too. Cook until everything feels soft and then blend.

Enjoy!



Self Care Recipe

Make a lovely brew, pop your feet up and enjoy a facemask and a biscuit.

Easy Peasy Biscuits

Combine the ingredients, split in to 16 and then bake for 15 minutes on 160 degrees.

100g (4oz)
butter, softened
50g (2oz)
caster sugar
150g (5oz)
self-raising flour



Face Mask recipe

Mash together

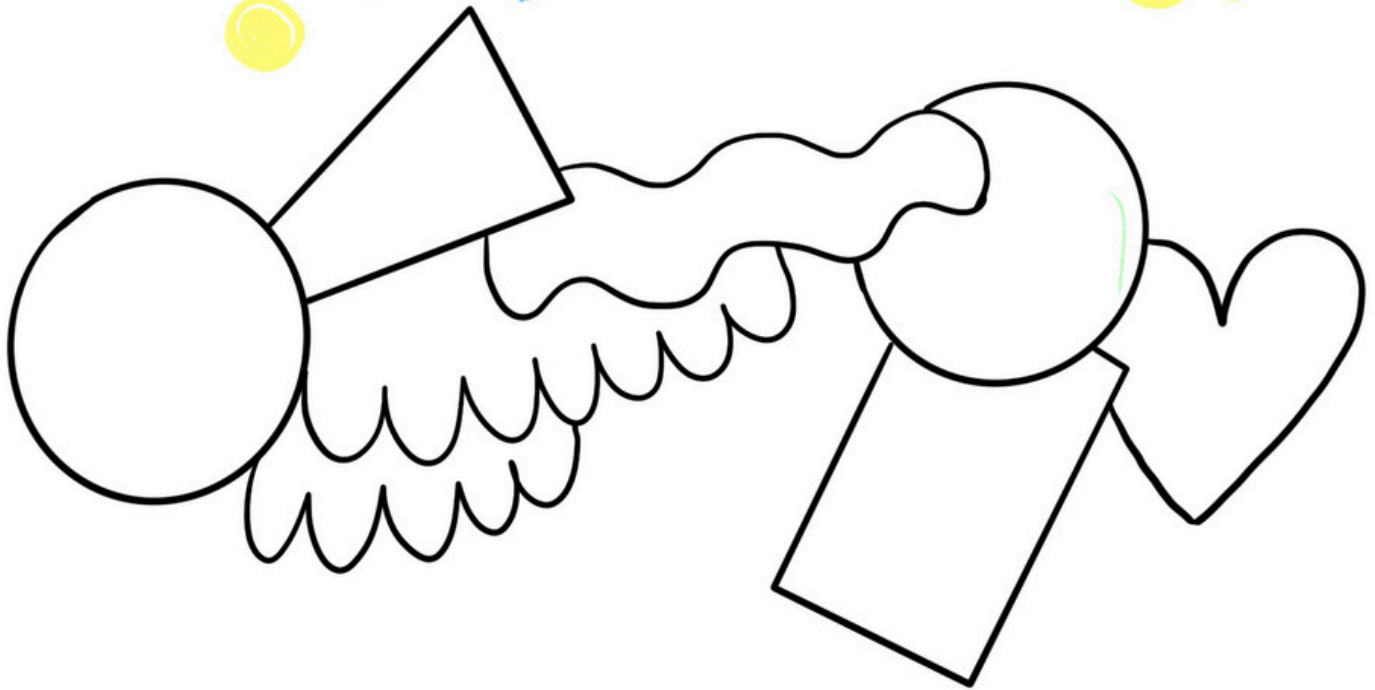
- 1/2 Avocado
- 1 tablespoon of honey
- A handful of oats or oat bran





Abstract Art

Enjoy creative expression through abstract shapes. Add your own shapes and patterns to the page to create an amazing piece of art.



“What I love about abstract art is, we all take something different from it. It’s like theatre, we interpret it in our own way” David, Chatty Crafter

Window Craft

Colour in and cut out this lovely little window box display. Pop it in your window to make a stranger smile.

"It takes a lot of people to hold people up. And I think if everyone kind of believes in hope, there's more chance of good stuff happening in the world." Meg, Chatty Crafter



Let's go on a Glimmer adventure

A Glimmer = A moment that sparks joy.

Pop your shoes on...



Feel the ground under your feet.

Walk

outside

Look up



What can you see?

Look for something lovely...



Find a tree



Have a feel of it...

Can you see any sun light?

Let a big smile fill your face...

Draw your Glimmer here



"Because I had focused on finding a picture of a butterfly, drawing it, I noticed one. It made me think, this is an area that's quite built up, but because things are still here there is hope. Nature can be really resilient" Cassie, Chatty Crafter

Make a Butterfly wall hanging

Colour in and cut out each butterfly, then fix them to three pieces of string or ribbon. Tie the top of each ribbon to a coat hanger and enjoy them hung up in your home.



Take 5 minutes...

Word Search

M M N C I C F G J C
 D A A I Z A A L E O
 S W N K V R C I B M
 F E V C E T E M R M
 C N L W H R M M E U
 R A G F F E A E W N
 A T K V C V S R K I
 F U S U B A K T K T
 T R A Q V K R Q E Y
 S E Y H J O F E G R

Nature
 Art
 Community
 Maker
 Selfcare
 Facemask
 Manchester
 Brew
 Glimmer
 Crafts



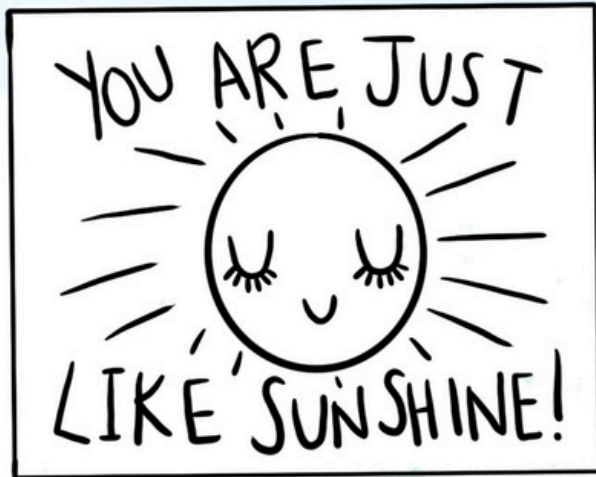
Sudoku

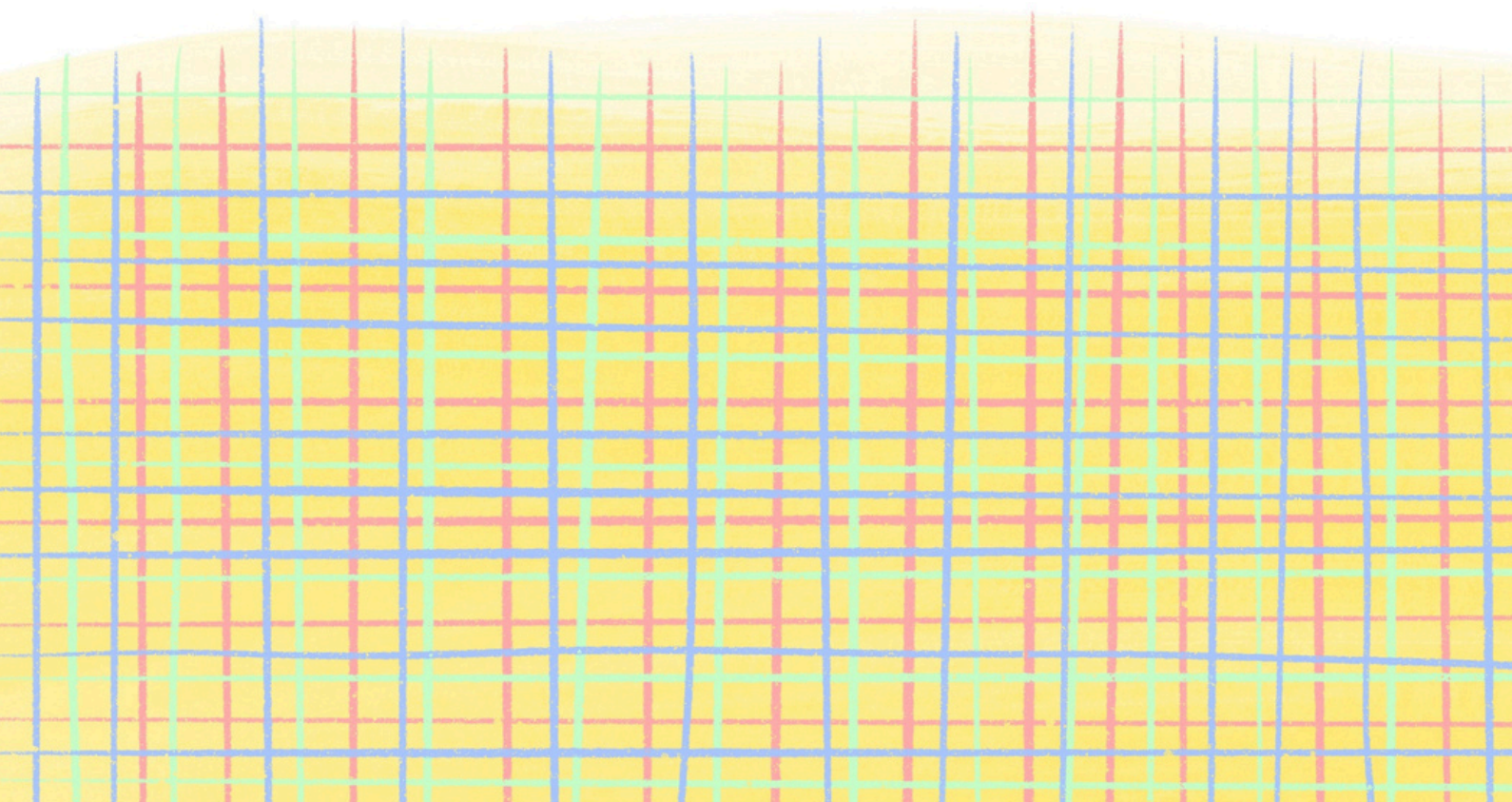
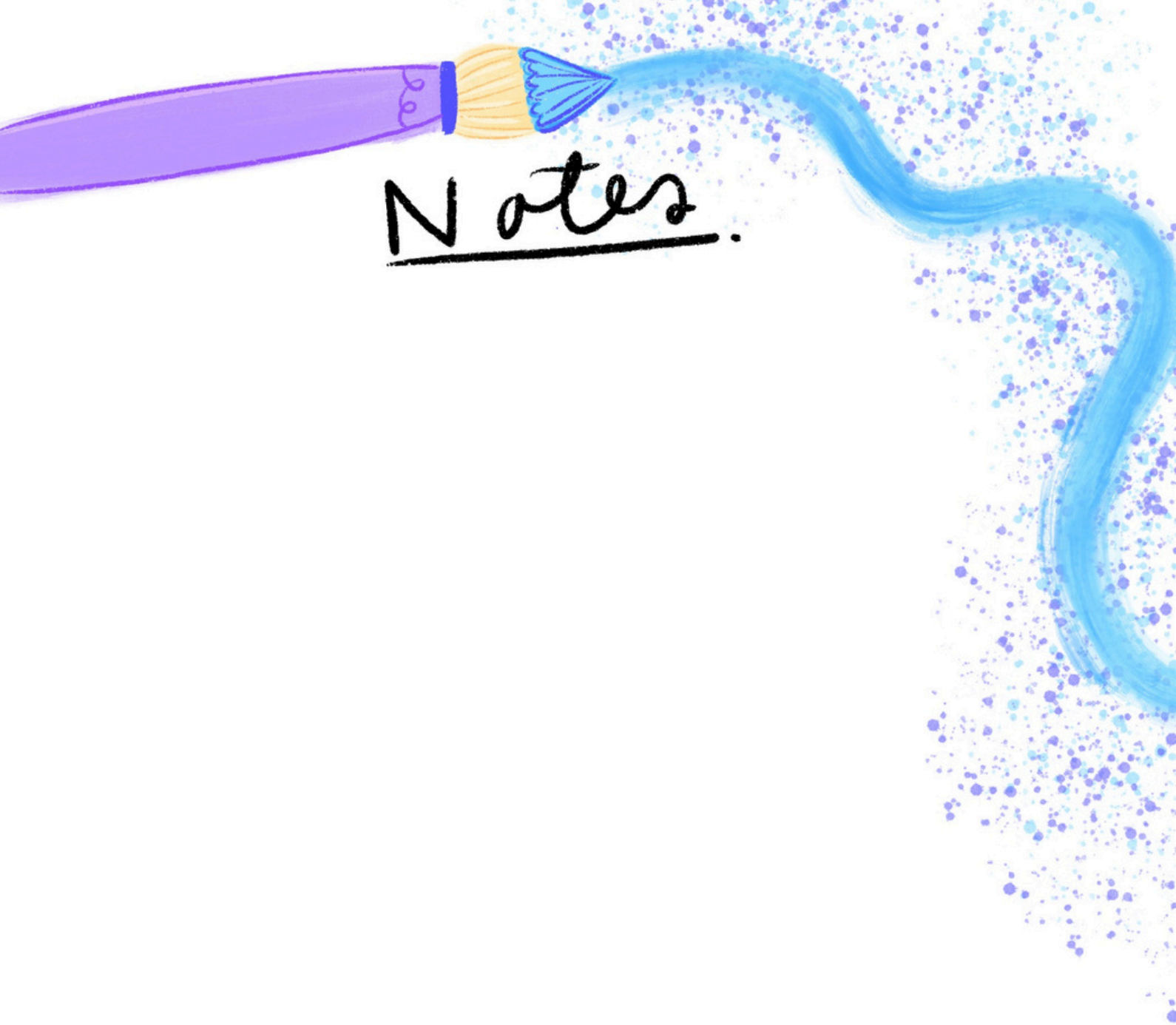
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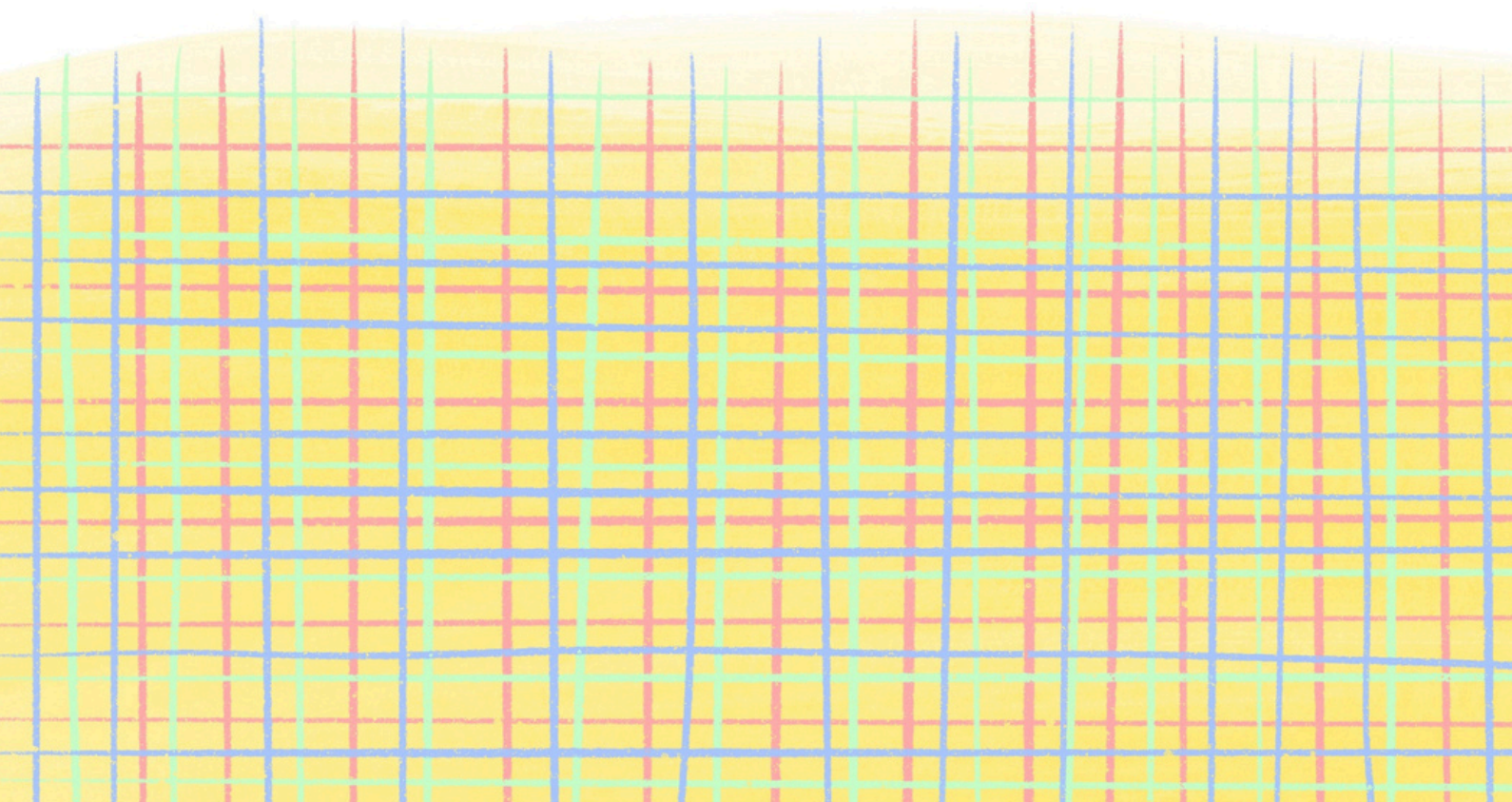
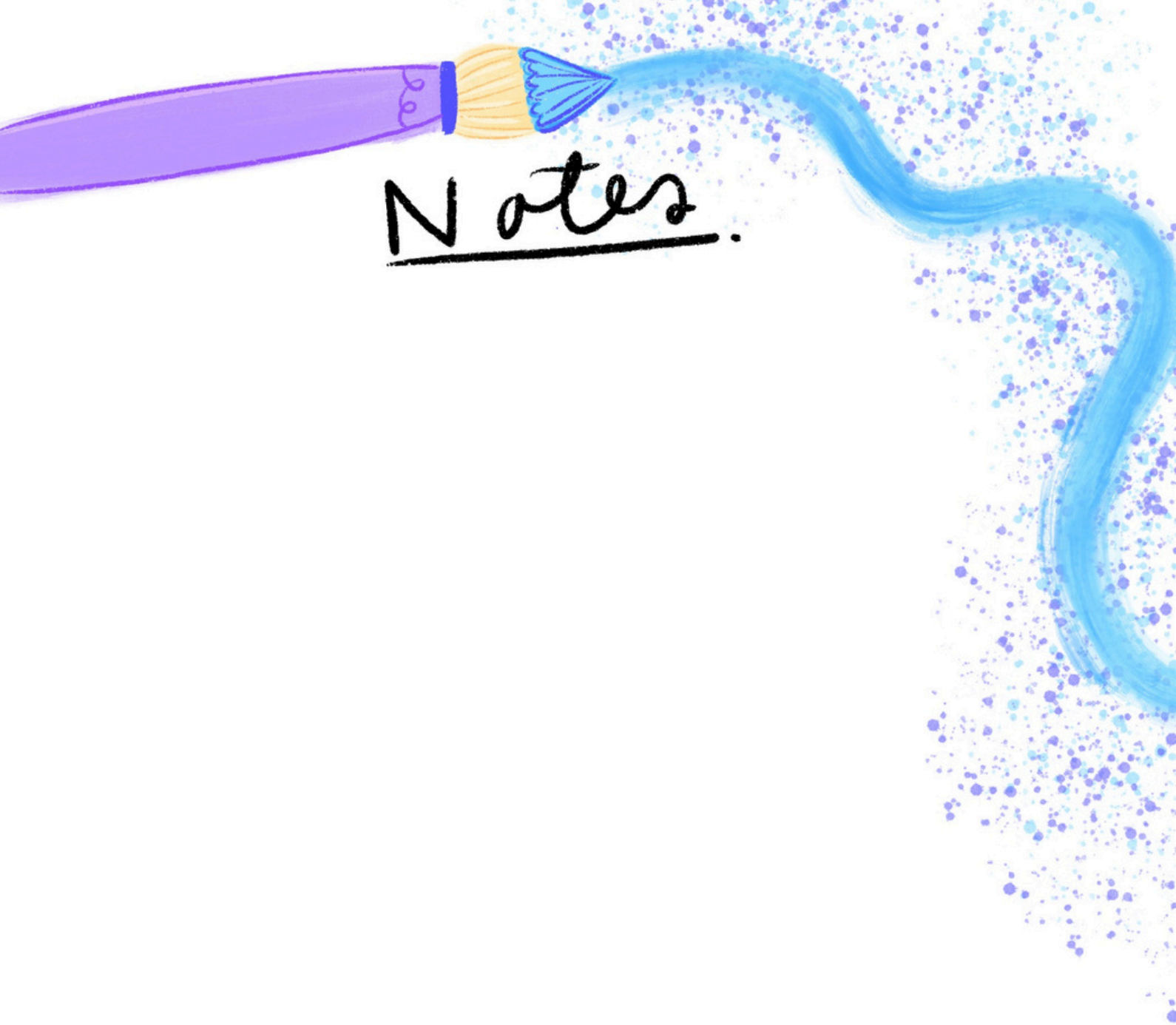
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1	8	9	2	6	5	5	4	2
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≡ Kindness Cut-Outs ≡

Colour in, cut out and give to a friend, a stranger or leave out in the community.

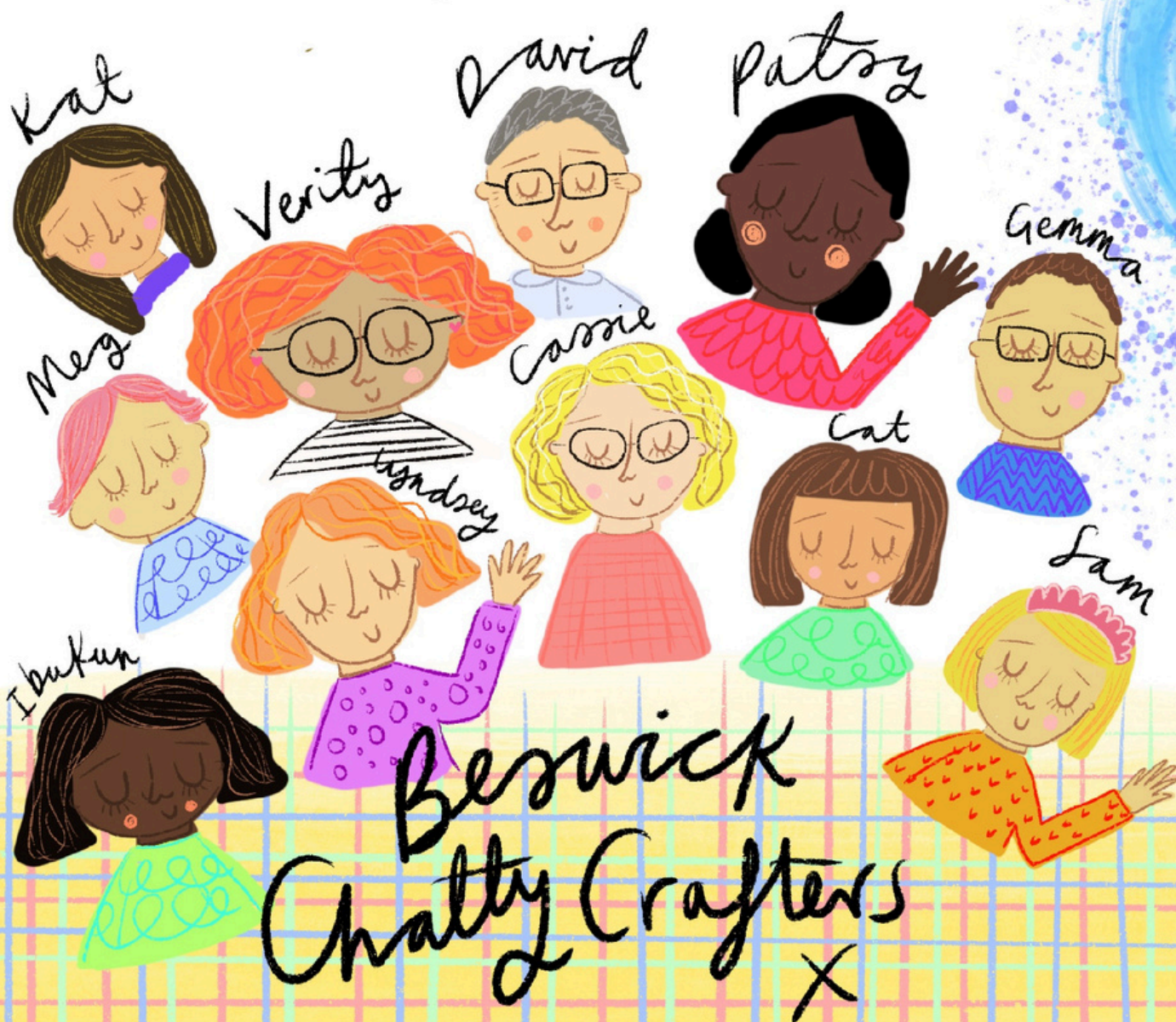








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