

# WHAT LIGHTS YOU UP?

## FREE CREATIVE SESSIONS

**Following their blockbuster production of NOEL WEST, local artists Meg & Claud are continuing their work with a free creative winter wellbeing programme...**

Sessions will harness the joy we feel in the festive season as we enter the new year. With the focus on warmer thoughts and the theme of holidaying at home, inspired by the Knowle West beach road names.

Allow your creative cabin crew to take you on another trip with NOEL WEST AIRWAYS. Props from the show will be re-worked into relaxing simple craft activities.

### **Wed 3rd Jan - MINI SUITCASES**

Get packing for your jollies as we make mini suitcases for your dream adventure into 2024.

### **Wed 10th Jan - PENCIL CASE**

Make a pencil case re-using fabric from the show, considering the act of being stationary and stopping for a few moments in the New Year. Why it's important to pause & reflect.

### **Wed 17th Jan - LOVE LETTER**

Collaging a love letter to yourself for Valentine's Day. A postcard reminder of how great you are.

### **Wed 24th, 31st & 7th Feb - JOY RIDE**

Creating light up artworks of joy that we hope to ride around the streets of Knowle West on Lunar New Year

**All sessions take place from 10am - Noon**  
**Knowle West Media Centre**  
**Leinster Avenue, BS4 1NL**

**[www.lightslightslights.org](http://www.lightslightslights.org)**



**GET CREATIVE  
STAY LIT  
LIGHT LUNCH  
ALL FREE!  
JUST TURN UP!**