

Creative Wellbeing Workshop

hosted by Quiet Waters

Date: 10.15-3.30pm, Wednesday 30th September 2026

Leader: Christine Lynch

Location: Creative Cabin, Quiet Waters, Flixton Road, Bungay NR35 1PD

What to expect: The aim is to provide a restful creative day in a small group, where we can chat, share and have fun.

What does Wellbeing mean for us as individuals and how can we use art and mosaic making to help us in our busy lives, to help us relax, give our mind an opportunity to 'reboot' and make something beautiful?

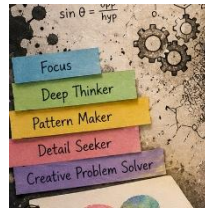


Do you find it hard to relax? Learn about Neuro Art, what it is, how it helps us to process thoughts, worries or stress and have fun with watercolours.

Discover how using coloured glass to make mosaic patterns can help us reflect on our lives and how beauty can be found in that. All of our wonderful creations can be taken home.

Cost: £30.00 No experience needed; materials & refreshments provided but please bring a packed lunch.

To book: contact the QW office at mail@quietwaters.org.uk or 01986 893201



Creative Wellbeing Workshop

hosted by Quiet Waters

Date: 10.15-3.30pm, Wednesday 30th September 2026

Leader: Christine Lynch

Location: Creative Cabin, Quiet Waters, Flixton Road, Bungay NR35 1PD

What to expect: The aim is to provide a restful creative day in a small group, where we can chat, share and have fun.

What does Wellbeing mean for us as individuals and how can we use art and mosaic making to help us in our busy lives, to help us relax, give our mind an opportunity to 'reboot' and make something beautiful?



Do you find it hard to relax? Learn about Neuro Art, what it is, how it helps us to process thoughts, worries or stress and have fun with watercolours.

Discover how using coloured glass to make mosaic patterns can help us reflect on our lives and how beauty can be found in that. All of our wonderful creations can be taken home.

Cost: £30.00 No experience needed; materials & refreshments provided but please bring a packed lunch.

To book: contact the QW office at mail@quietwaters.org.uk or 01986 893201

