

Crafty Ranters

Friendship, Fairness & Fruitfulness

No previous experience necessary!
A relaxed group that meets every 2nd Friday of
the month to enjoy Chat, Cake, Coffee
& Craft!

11 am to 1 pm

at

Englesea Brook Chapel & Museum

CW2 5QW

- 12th April: **Empowerment begins when we value ourselves**
Screen printing
- 10th May: **Take note of what we're saying!** Collaging
- 14th June: **We are wonderfully made** Clay modelling
- 12th July: **Girls just wanna have fun!** Banner making
- 13th September: **Who we are can be our gift** Masks
- 11th October: **Being in power or empowering?** Paper flowers

Please see reverse for more details.

To book your place please contact Ruth:

director@engleseabrook.org.uk

Tel: 01270 820836

Registered Charity Number: 1132237



2024 Programme of Crafty Rants



12th April – Empowerment begins when we value ourselves

This session focusses on valuing ourselves. We will begin and end with a simple meditation/visualisation to connect with our innate worth and gift. During the session we will enjoy playing with colour and shapes through easy screen printing and celebrate our uniqueness and value both individually and collectively.

10th May – Take note of what we're saying!

In this session we will be using craftivism to reflect on poverty and homelessness. We will use paper collage to decorate notebook covers with phrases and pictures and then send them to local and national politicians asking for action on homelessness.



14th June – We are wonderfully made



Using clay we will explore what we feel about ourselves and our bodies and what we need to do to keep well. We'll look at how women's and men's health needs and treatments are wrongly regarded as the same, and also think about cultures where women's and girl's bodies are mutilated and degraded. These are issues that can touch deeply, so the session will be held with gentleness and sensitivity.

12th July – Girls just wanna have fun!

Yes we do, but we also want girls to have access to education that enables them to reach their potential. Together we will make a banner with words that express the hopes and desires of girls and young women both in the UK and globally and think about how they can be resourced to stand up against an increasing culture of misogyny and sexualisation.



13th September – Who we are can be our gift



This session focusses on neurodiversity and mental health. Many people are unable to be truly themselves because of a lack of understanding about neurodiverse conditions such as autism and ADHD. Women in particular find themselves 'masking' in order to fit in with society which can result in poor mental health. We will make masks and explore what it feels like to wear a number of masks, but also to take them off to reveal our authentic selves.

11th October – Being in power or empowering?

In this session we will explore the models of power that women have embraced – or rejected. What might be an authentic female model of power? Is there such a thing? Have women in power simply assumed the role that men have presented? As we reflect on these issues we will make enormous paper flowers!



Crafty Ranters is a group open to all, of all abilities. Materials are provided, unless stated. There is no charge for the sessions, but donations are welcome.

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Please let Ruth know when booking whether you have any dietary requirements and/or require wheelchair access.

