

# Frome Shed Newsletter and forthcoming events, October 2022

The Shed as a place to be busy and warm - fire drills - festive season closure dates - departing and arriving Trustees - Random weaving - MacMillan coffee Morning - Herbalist's visit - Making Christmas decorations



With the AGM behind us and the winter approaching, we are probably all planning how to keep **busy - and warm**. The Shed is the obvious place to come , with activity and chat going on on Monday, Wednesday (fortnightly, the beginners' woodwork) and Thursday mornings.

The **painting session** on a recent Monday went down well, with some masterpieces being created by beginners and by more experienced hands (above).

There will be **fire drills** in November on a Monday and a Thursday morning, to be led by our member Ian Williams.

And please note: the Shed will be **CLOSED** on the following dates: Thursday 22/12/22; Monday 26/12/22, and Monday 02/01/2023

Gentlemen! Please let me have **photos of yourselves** when busy - or relaxing- in the Shed, we need more pictures of you in our newsletters. Email them to [roswhitehouse2@talktalk.net](mailto:roswhitehouse2@talktalk.net). Thanks.

The new Trustees want to say that they were sad to see Colin Pearce and Ros Whitehouse stand down at the recent AGM but they understand their reasons. They have been loyal and hardworking Trustees for many years and we really appreciate all that they did for the Shed. It will be nice to see them at Shed sessions doing things they want to do rather than things perhaps they felt they had to do. Thanks again to Ros and Colin, and a big welcome to Leon and Richard.



**Monday 3 October at 10 am (Prompt!) Random weaving with Karen.** See the image above for some of the possibilities of this craft technique. Materials supplied, a small donation to the Shed will be welcomed.

**Monday 10 October Macmillan Coffee Morning.** All are welcome to drop in for cake, coffee and chat, alongside our regular activities. A great opportunity to support Macmillan with your donation and enjoy home made cake.

**Monday 24 October at 11 am A talk and discussion with a Herbalist.**

All Shed members are welcome (obviously).

Herbal Medicine is an ancient plant based health system. John E Smith F:URHP is a Classical Herbalist who has trained in Europe, America, India, China and the

Middle East. His talk will focus on "Herbs of Power and Protection". Come and listen, and ask your questions.

**Monday 21 November** at 10 am (prompt). **Make Christmas decorations!** All equipment provided, but a small donation for Shed funds will be welcome.

