

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Positively Crafty welcomed Lizzie Brown in May who gave a tutorial workshop on wet Felting.



Wet felting is an ancient traditional craft. Fine merino sheep wool, soap, water and a massage technique is used to turn wool into a felt fabric. Felting is a very versatile and adaptable craft suitable for children and adults.

It can be used to make a variety of things, including pictures, brooches, decorations as well as larger items like slippers or scarves.

Felting can be done using a variety of fibres. Natural colour sheep wool, as well as sheep wool that has been dyed with a variety of bright colours can be combined with a variety of other fibres including silk, wool yarn threads and sparkly angelina fibres.

Lizzie runs sessions for adults, children and community groups around Suffolk. Workshops usually last 2 hours for a minimum of 15 people, charged on a per person basis. Everyone makes a felted picture to take home.

For more details visit www.feltflowerparty.co.uk



Our members found her workshop very enjoyable and relaxing as it was something different to anything they had done before. The steps were easy to follow and it was exciting to see everyone's ideas coming to life. Working together and helping each other out is what crafty is all about. You can see by the photos that some lovely pictures were made and a real sense of achievement was gained by what had been created.

On June 7th we have a tutor called Marianne Billitt making a return visit to Positively Crafty to do one of her workshops. Last time she did Silk Painting which we enjoyed so much we, as a group, purchased the materials needed to do the silk painting ourselves and subsequently have achieved silk painting as a group, with thanks to the confidence Marianne left us with.

This time she has planned something a little different. She will be doing tissue landscape collage and has titled the workshop as - Our 'Promised Land'. Designs can be produced from pictures of landscape, mountains, seascapes or fields.

Marianne loves what she does and has a way of passing on all her enthusiasm to you.

On July 5th we will be doing Tea Light Jars again as they proved so popular with members last time they were done. The subject matter this time being castles, carriages, mermaids.

In August/September—card craft. Details to follow.

Positively Crafty meet on the first Thursday of each month from 1pm to 4pm at Southgate Community Centre.

CPSG's next meeting is on Thursday 21st June. The presentation will be all about Marie Curie.

For more details call on 07724 187774 or email info@chronicpainsupportgroup.co.uk or visit www.chronicpainsupportgroup.co.uk