

# CENTREPIECES

Mental Health Arts Project  
Registered Charity 1160300



The King's Award  
for Voluntary Service

## January 2026

# Workshop Brochure

## **WORKSHOP BOOKING INFORMATION**

- A charge of £5.00 is made for in person workshops and £4.00 for Zoom workshops, to cover the cost of resources. Untutored sessions are charged at £2.00.
  - All workshops (except Drop-in sessions) are non refundable and must be **booked and paid for in advance**. Refunds will only be considered if bookings are cancelled for an unavoidable reason **24 hours in advance by email to [suet998@gmail.com](mailto:suet998@gmail.com)**
  - Bookings can be made **up to a month in advance** once the brochure for that month has been published and places will be allocated on a first come, first served basis. **To aid planning and admin please book workshops by 4pm on Friday of the previous week.**
  - Workshops advertised as a course or with a set cost for a number of sessions will be booked and charged at the advertised cost, even if a session is missed – **please read flyers carefully.**
  - All bookings will be confirmed by email and a waiting list held for over-subscribed workshops. Priority places at the next session will be given to those on the waiting list.
  - **To book, or with any workshop or art credit queries or cancellations, email [suet998@gmail.com](mailto:suet998@gmail.com).** I am only available to deal with workshop admin between 10am and 4pm on Monday, Wednesday and Friday but all emails are read on receipt. I do not work on weekends.
- ❖ **Bank Account details**
  - ❖ **Account No: 73401340 (Centrepieces CIO)**
  - ❖ **Sort Code: 20-62-69**
  - ❖ **Reference: ARTCREDIT**
  - ❖ Cheques payable to 'Centrepieces CIO'
  - ❖ **Please allow time for payments to show in your account, it can take 7 days or more (cheque payments will take longer) so make sure you pay in well in advance of booking.**

## **Workshop Rules**

- You will receive an email link for zoom workshops from the workshop host
- Please wear appropriate footwear and clothing for the workshop
- Keep conversation light-hearted and relevant and remember that a quiet, relaxed atmosphere helps concentration.
- The Centrepieces Code of Conduct must be adhered to at all times during workshops.
- Be aware of your surroundings when on zoom (other people and background conversations).

# Indoor Sculpture

**No Workshop on Monday 5<sup>th</sup> January**

**Details for Monday 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> coming soon!**



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Advance booking and payment essential and non-refundable due to limited availability

# Colour Mixing with Watercolour at the Lodge with Nicki

**WHERE:** At The Lodge

**DATE:** Mondays 12th, 19th and 26th January 2026

**TIME:** 2.00 pm until 4.00 pm

**COST:** £5 in person - 8 Artists Maximum

## Splash Into 2026: New Year, New Palette

Stop "trying" to paint and start playing. Kick off the year by mastering the most elusive part of watercolor: the mix. Forget muddy browns and chalky finishes. This fast-paced, hands-on workshop is designed to turn your "happy accidents" into intentional masterpieces.

### What will you learn?

- Colour Alchemy: Mix vibrant glows, not mud.
- The "Goldilocks" Method: Getting your water-to-pigment ratio just right.
- Mood Making: Creating seasonal palettes from winter frost to spring bloom.
- Confidence Boost: Bold strokes, zero fear.



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## **Giant Flower Making with Neons at the Pop Up with Natalie**

**WHERE:** At The Pop Up  
**DATE:** Tuesday 6<sup>th</sup> January 2026  
**TIME:** 11am - 4pm  
**COST:** No Charge- Funded by Night Visions

Join us in creating giant colourful flowers to display in one of our domes at our January Community Day Event!

We will make bright, bold giant flowers using a variety of materials including card, paper, fabric and paint, including neons and fluorescents. These flowers will be hung in the main dome for the public to see, and will provoke thought around Mental Health.

**With the right support we thrive and continue to grow, just like flowers.**

**We get through the darkest times, and Spring always comes.**

- As this is an all-day workshop, you are able to drop in and out at any time
- To get the most out of the day we suggest arriving at 11am, or 2pm to have a solid 2 hours of workshop time



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## Outdoor Sculpture



**WHERE:** At the Lodge  
**DATE:** Thursdays 15th, 22nd and 29th January 2026  
**TIME:** 10.30am - 1pm  
**COST:** £5 per session

**Please note:** *As we are heading into the colder months remember to book so we know you are joining us.*

Come and try your hand at working with some of the resources we have at the Lodge. We have volunteers on hand who will be able to support you with ideas and teach you the techniques needed to use the various sculpture media that we have on offer.

You have a choice of Breezeblocks (masks and goggles **MUST** be worn), Portland Stone or African SoapStone.

Health and Safety rules must be adhered to when working with stone and breezeblock and you will be shown which tools to use to achieve the best results.

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## The Sky at Night at the Pop Up with Nicki

**WHERE:** At The Pop Up  
**DATE:** Fridays 9th, 16th, 23rd & 30th January 2025  
**TIME:** 11am - 1pm  
**COST:** £5 in person - 8 Artists Maximum

Join our Acrylic Night Sky Workshop and learn to paint a dramatic, swirling, Van Gogh-inspired masterpiece! Discover techniques for dynamic brushstrokes, capturing starry galaxies, and making your colours *pop*.

No experience needed—just bring your enthusiasm!



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## CREATIVE WRITING

**Hungry for haiku? Looking for a limerick? Passionate about prose?**



**WHERE:** At the Pop-up Fridays 9th, 16th, 23rd and 30th January '26

**TIME:** 2pm - 3.30 pm

**COST:** £4 per session (in person or via Zoom)

Come along and join our friendly Creative Writing group this January. With a selection of writing games, story prompts and brainteasers, there's bound to be something to inspire you! All forms of creative writing (prose, poetry, non-fiction) are welcome; so why not bring along a pen and paper and join in?

As well as producing written creative pieces during the session, you also have the option of contributing towards The Creative – the Centrepiece's creative writing magazine.

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## CRAFT CLUB AT THE POP UP

*The Manor House, The Green, Sidcup, DA14 6BW*

On

**Saturday 17th & 31st January 2026**

The Craft Club is open to CP artists and members  
of the public - everyone welcome!

**Time: 10.30am - 1pm**

**Cost: £3**

Bring your own craft activity to do, or use our Paper Craft Packs which are available to buy

This is a social group with occasional guided activities (optional)

Share ideas and techniques while enjoying a cuppa! (included in price).



*Children are welcome (7+) if accompanying an adult.*

**For more information contact email: [centrepiecespopup@gmail.com](mailto:centrepiecespopup@gmail.com)**



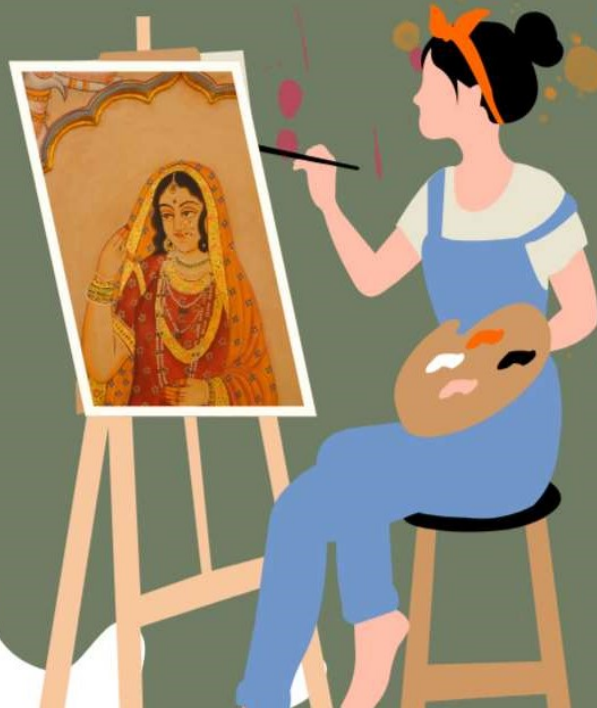
## ARTIST STUDIO SPACES AVAILABLE AT SIDCUP MANOR HOUSE

Ready to dedicate time to your art?



- OUR STUDIO SPACES ARE AVAILABLE FOR ARTISTS TO USE ON A MONTHLY BASIS!
- COST: £30 PER CALENDAR MONTH!
- WEEKDAY ACCESS TUESDAYS- FRIDAYS FROM 10.30 AM - 4 PM.
- OPEN ON SATURDAYS 10.30 AM - 2 PM (AT LEAST TWICE A MONTH)

For more info and to arrange a viewing  
please contact Nicki via email:  
[centrepiecespopup@gmail.com](mailto:centrepiecespopup@gmail.com)



# CENTREPIECES



## A DAY OF COMMUNITY CONNECTION

Join us for a free day of creative connection focused on well-being.

**Saturday - 10.Jan.2026**

from Noon to Dusk

**Hall Place Gardens**

Entrance through the Lodge

**Bourne Rd, Dartford, Bexley**

**DA5 1PQ**

### **Create Together**

Help us build three unique light-themed installations:

- The Light We Share: Paint a small canvas about what light means to you for a community MURAL.
- The Shifting Spectrum: Decorate and illuminate a DOME representing the mental health spectrum.
- The Dual Self Box: Anonymously share your light and dark thoughts in a glowing REFLECTION BOX.

### **The Illumination**

The day culminates at dusk with the light-up of all three collaborative artworks.

**Everyone is welcome!**



**NIGHT VISIONS**

Supported using public funding by  
**ARTS COUNCIL ENGLAND**