



nourish

Empowering young people to nurture their own talents & well-being

Creative Practitioner Menu





The Nourish project is here to whet your creative appetites! Our tantalisingly tasty menu, is an eclectic ensemble of highly experienced professionals, generously gifting their time to Nourish for FREE*

**When you choose St John's Hospice as your Charity of the Year!*

They are simmering with ideas to spark your childrens' creativity & feed their imaginations. You are welcome to choose freely from our menu overleaf. Bon appétit!



If your school would like to discuss booking any sessions from this menu, please do not contact the organisations directly in the first instance, please get in touch :-

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Organisation Name	About	Description of Workshop
Relax Kids Lancaster Find them on Facebook	A small, local business that aims to help children relax and equip them to develop resilience and confidence	Stef is available to run a variety of sessions with children of all ages at primary schools.
Greenfoot Garden Centre Find them on Facebook	A small garden centre, just outside of Lancaster.	The garden centre are happy to welcome groups of children to experience planting and growing of plants.
Salt Ayre Leisure Centre www.lancaster.gov.uk/salt-ayre-leisure-centre	The largest leisure centre in Lancaster; activities include indoor climbing, indoor soft play, swimming pool, sports halls and a track.	Salt Ayre are willing to run sessions both at the leisure centre or bespoke workshops in schools, for example dance or exercise classes.
Yoga from the Inside www.yoga-with-sue.co.uk	Sue Garner is an experienced teacher of yoga and meditation. Sue has a deep understanding of anatomy and physiology and aims to make yoga accessible to all.	Sue is offering yoga classes for adults and is able to arrange sessions for parents and teachers to help them to relax. She feels passionate about the work of St John's Hospice and has offered her sessions for a donation to the hospice.

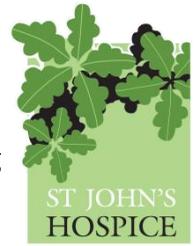
<p>Steep Smithy Music</p>	<p>Song writer / producer Mike Croft has already donated 500 copies of his fantastic CD 'Fit as a Fiddle'</p>	<p>Get in touch if you would like some of these CDs</p>
<p>Primed for Life www.primedforlife.co.uk</p>	<p>Anne O'Connor is an independent consultant for Early Years. Primed for Life advocates a wider understanding of the body as a child's first place of learning.</p>	<p>Primed for Life are offering education, movement and dance sessions for school children. They can also run CPD workshops for teachers highlighting the importance of movement and physical play in Early Years development</p>
<p>The Herbarium www.facebook.com/theHerbariumBar</p>	<p>The Herbarium is a project born out of love for plant-based living, yoga, and the local community</p>	<p>Owner Natalie Temple teaches Yoga to teams, adults & children. Along with her commitments at The Herbarium, Natalie also enjoys providing yoga to LGGS & L&M College. Natalie teaches young children yoga creatively channelling imagination, story & rhyme. Wall space would kindly be available at the Herbarium to exhibit & sell Nourish Artwork.</p>
<p>Emily Tough Artist www.emilytough.com</p>	<p>Emily is an illustrator and artist from Lancaster. She is very interested in ecology and conservation. She enjoys using recycled materials to make puppets and 3D models</p>	<p>Emily is keen to help schools to organise litter picks to collect rubbish which will then be cleaned for use in 3D models. She has an idea to create an aquarium out of recycled materials, in order to demonstrate the importance of recycling waste to save our local environments and marine life. She is offering to spend time at schools, showing ways of using everyday objects and recycled materials to create art. In turn, the school students will contribute to her aquarium art piece which will be exhibited at the celebration event in July</p>
<p>Poetry and Soundscapes</p>	<p>Chris Pilkington is a community fundraiser for St John's Hospice.</p>	<p>Children are invited to send voice recordings of their own poems and Chris will create an atmospheric soundscape behind it. This will then be available to the pupils and students.</p>

<p>Occupational Health & Well-being UHMB NHS Trust</p>	<p>University Hospitals of Morecambe Bay (UHMB) NHS Foundation Trust is an NHS Foundation Trust providing services in South Cumbria and North Lancashire in the Morecambe Bay area. It has 6,000 employees and provides services for some 350,000 people.</p>	<p>The Occupational Health & Well-being Team are offering to deliver mental health workshops and 'Time to Talk' sessions which will support students in monitoring their mental health and cope with stress.</p>
<p>Primed for Life www.primedforlife.co.uk</p>	<p>University Hospitals of Morecambe Bay (UHMB) NHS Foundation Trust is an NHS Foundation Trust providing services in South Cumbria and North Lancashire in the Morecambe Bay area. It has 6,000 employees and provides services for some 350,000 people.</p>	<p>The Catering Team are offering to run sessions with students in which they will use a small number of ingredients to create healthy meals and snacks .</p>
<p>St John's Hospice www.sjhospice.org.uk</p>	<p>St John's Hospice works at the heart of our local community to provide palliative care & support for both patients and their families.</p>	<p>There are a variety of opportunities for children, parents & teaching staff at St John's Hospice, including developing child/patient friendships, performing for patients, working in the vegetable garden, our kitchen & café & supporting or performing at our events. We also have clinical staff, occupational & complementary therapists, physiotherapists, chefs & volunteers who are willing to come into school.</p>
<p>Pyjama Drama www.pyjamadrama.com</p>	<p>A franchise of classes and interactive performances* based around imaginative play. Covers every area of learning in the early years foundation stage and many areas of the national curriculum</p> <p>*for up to 30 children</p>	<p>Many different scripts taking children into an imaginary world of their own adventures where they will always win. Brilliant for building confidence, courage, communication and co-operation.</p>

<p>Carnforth ICC</p>	<p>Carnforth Integrated Care Community can offer workshops in schools in the Carnforth area.</p>	<p>In small groups, children will discuss questions posed and generate answers and solutions to problems set in a question format. Not only does it provide opportunities for pupils to think about their health and wellbeing, it also encourages and develops communication, interaction, negotiation, and presentation skills. It will provide all members of the group with opportunities to participate lead discussions, problem solve and generate ideas. Teachers are also warmly welcomed to participate!</p>
<p>Kitman Arts Find them on Facebook</p>	<p>Samira Kitman learned her craft with the Turquoise Mountain Foundation and went on to organise the contract that provided Afghan miniature painting, ceramics and woodwork to the brand new 5 Star Anjum hotel in Mecca which is used by wealthy pilgrims.</p>	<p>Samira was voted Afghan businesswoman of the year, has been praised by Prince Charles. Her artwork is displayed at the Victoria and Albert museum in London and the Smithsonian in Washington.</p> <p>She created Maftah-e Hunar, an arts foundation which trained 80 young, deprived women to become artists and make a living. In 2016 she featured in We Are Afghan Women, a book by the former American first lady Laura Bush</p> <p>Samira will kindly deliver artwork sessions to KS2 children.</p>
<p>Jackie Harris</p>	<p>Jackie Harris has worked as a full time writer and performer since 2000. As an experienced Head of Drama and Theatre Studies, Jackie loved the vigour, candour, authenticity and babble of life children brought into the drama studio.</p>	<p>Jackie is available to run storytelling/drama sessions with KS2 children and staff or parent CPD -Using Drama to Stimulate Literacy in the Classroom.</p>

About St John's Hospice

St John's Hospice is a local charity supporting patients and families in North Lancs and the South Lakes since 1986. Serving a population of over 250,000 people, we are specialists in providing free palliative care for a range of life shortening conditions.



Our care will always be free to those who need it, but it isn't cost free. It costs over £5.1 million a year to run the hospice with only around a third of this amount provided by government funding. The remaining two thirds must be raised through events, community donations, grants & legacies. St John's Hospice has been part of the local community for over thirty years and provides vital service to patients and families all over our community. Our aim is to ensure that on the journey towards the end of life, we provide the right care, in the right place, at the right time.

Bay Health &
Care Partners
delivering



nourish

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**The Big Nourish Picnic Wednesday 10th July 2019
at Williamson's Park from 10 – 2pm.**

