

## WRITE BY THE RIVER

£15 PER PERSON • BOOKING REQUIRED • 11am – 3.30pm



Writer Marian McCraith leads these full-day creative writing workshops, aimed at beginners or seasoned writers in all genres. Marian has been teaching creative writing for 30 years and is a professional writer herself. With a wide range of exercises writers can happily achieve their writing goals! Refreshments included but please bring packed lunch.

## FOOD FOR THOUGHT

FREE • LIMITED SPACES • BOOKING ESSENTIAL • 10am – 2.30pm

Food for Thought is aimed at 12-17 year olds who face difficulties participating in social activities. This project is a small friendly group taking place every two months, allowing teens to make new friends whilst baking awesome breads, biscuits and cakes!



## HANDS-ON CRAFT

FREE • LIMITED SPACES • BOOKING ESSENTIAL • 1pm – 4pm

Erika leads this relaxing textiles workshop for people with dementia and their carers, also people with mobility issues and other disabilities. With plenty of one-to-one tuition and assistance with weaving on 4-shaft looms.



## CRAFTERNOONS

FREE • BOOKING ESSENTIAL • 1pm – 4pm

Crafternoons is a drop-in social group, which is held once a month. The group is aimed at older people who want to bring their own craft projects, share and exchange ideas or just have a natter over a good cup of tea!

Refreshments are included!



## POETRY CAFE

£5 PER PERSON • BOOKING REQUIRED • 11am – 3.30pm



**For lovers of poetry!**  
Our bi-monthly group-led Poetry Cafés invite you to come and have a go at our fun poetry writing exercises, in a relaxed and friendly atmosphere.

Refreshments included but please bring packed lunch.

## HANDS-ON BAKE

FREE • LIMITED SPACES • BOOKING ESSENTIAL • 11am – 4pm

Baking workshops designed for people with dementia and their carers, also people with mobility issues and other disabilities. Kate and Linda offer a dedicated baking session, with one-to-one help where required.



# H HERON CORN MILL

## COMMUNITY EVENTS CALENDAR

JANUARY - JUNE 2026



TO BOOK TEL: 01539 564271 OR EMAIL [info@heronmill.org](mailto:info@heronmill.org)

[WWW.HERONMILL.ORG](http://WWW.HERONMILL.ORG)



# POWSOWDIE

ALL EVENTS FREE • 11am – 2pm

## JAN 21 - PEOPLE HAVE THE POWER!

What was life like when it was all candles and paraffin lamps? Do you remember the coming of electricity to your home? We will be joined by FutureProof Cumbria with some useful information and energy-saving freebies!

## FEB 25 - THE AGE OF AQUARIUS!

What's your star sign? Do you believe in horoscopes - do you read them daily? I wonder which will be the most popular star sign in the room?

## MAR 18 - GREEN DAY!

Global Recycling Day - what things did we use to save/ recycle? Throwaway fashion or make do and mend?

## APR 15 - GAMES PEOPLE PLAY

13th of April was National Scrabble Day, let's dig out the board games once again, and get the dice rolling!

## MAY 20 - KNOCK ON WOOD

Superstitions...do you avoid walking under ladders, throw salt over your shoulder? What experiences have you had when something went wrong - or brought you good luck?

## JUNE 17 - POWSOWDIE MIDSUMMER PICNIC

Dig out the straw hat and basket! Our destination remains a secret for now! We will arrange transport for those who need it, and meet in a lovely location for our picnic! The food is provided by us of course!



EVENTS AT HERON CORN MILL ARE  
MADE POSSIBLE WITH THE SUPPORT OF ...



Funded by  
UK Government



Westmorland  
& Furness  
Council



**Powsowdie** **Poetry Cafe** **Hands On Craft** **Crafternoons**  
**Write By The River** **Hands On Bake** **Food For Thought**

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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29	30	31				

MAY						
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FEBRUARY						
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APRIL						
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JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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14	15	16	17	18	19	20
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28	29	30				