

# Groovy Art Workshops

Designing a cornucopia of creative fun for children

## GAW is in Schools Select London Directory

Spring 2010

Groovy Art Workshops is now in Schools Select London, a one-stop resource guide for schools and organisations working with children. Groovy Arts has had an eventful previous year delivering a wide range of creative workshops, one-to-one therapeutic art sessions and of course art parties to wonderful children and inspiring clientele.

This year we've hit the ground running with a variety of art projects from a Art Pamper Day taking place this summer to several GAWanimation fun-days and a Build Your Own Robot project taking place this autumn. We are certainly looking forward to a fun-packed, stimulating 2010.

Groovy Art Workshops as well as designing and delivering your Art Party, we can take care of sourcing your venue and all those little things that go to make one special day, amazing! Did you know we also deliver therapeutic art sessions for children working through some of life's challenges and traumas? These are on a one-to-one basis with our art therapists.

### My Well Being

[Baby Lifecheck](#)

[Budget Beauty Tips](#)

[Creative Development and Evening Out](#)

### Baby Lifecheck



**NHS Baby Lifecheck** is a new service that provides answers to your questions regarding you and your baby. Topics range from talking and playing together, keeping your baby safe to the trials and tribulations of being a parent. Baby Lifecheck also provides information of helpful websites and local services in your area. Visit <http://www.babylifecheck.co.uk> to get free, reliable and confidential advice regarding you and your baby's well-being.

### E-Article Links:-

[Baby Lifecheck](#)

[Budget Beauty Tips](#)

[Creative Development and](#)

[Evening Out](#)

### Find us on

We can also be found on

[Facebook](#) , [Twitter](#) and

FreeIndex so do check us out and share your news and views.

We regularly post up our job opportunities and freebies on these sites so do take a gander!

### Did You Know...



**...engineers at NASA** claim to have made the loudest noise ever: of 210 decibels. This is so loud that it can make holes in solid materials

**...every rainbow is unique** - each rainbow is formed from light hitting your eye at a very precise angle. Someone standing next to you will see light coming from a slightly different angle than you and therefore see a different rainbow

**...your skin weighs** twice as much as your brain!

**...your brain is capable** of having more ideas than the number of atoms in the known universe!

## Budget Beauty Tips



We all want to look our best, and the beauty industry knows this only too well. Many products and services are not cheap and the cost is sometimes high-priced for those who are looking to save money. However, just because you're not loaded doesn't mean you can't look good. There are plenty of ways to beautify yourself without spending a fortune.

DIY Beauty Tips:

You might not know it but you probably have loads of beauty products in your kitchen and around your home.

Here are a few ideas that are both beautifying and moneysaving:

- Banana, mashed with almond oil is great for dry hair
- Cucumbers and cold tea bags will soothe tired and puffy eyes
- Avocado mixed with a teaspoon of olive oil makes a great moisturising face mask
- For a more clarifying face mask, mix one egg white with a dash of lemon juice, whisk and apply for ten minutes
- Oats and salt are both great for exfoliating. Mix oatmeal into double cream and use as a facial exfoliator

## Creative Development and Evening Out

**Cecily's Chelsea Workshops** is 8 weekly workshops for new writers and those a little way along who want to discover their own unique voice.

Exciting Writing projects include: A journey into the imagination; choosing themes and genres; developing and moving a storyline forward; building three-dimensional characters; structuring your work, and much more.

Cecily's Chelsea Workshops are known for the friendly support they offer new writers. The numbers are kept small for greater personal attention. For more information: [www.bomborgwriting.co.uk](http://www.bomborgwriting.co.uk) how to book, and address of Chelsea venue: Telephone: 020 7352 0806.

### **Life Drawing Mondays @ The Others**

Taking place every Monday in Stoke Newington, the friendly and informal class will consist of 2 sessions. Each week will be themed, from 30 second poses to 1 hour. Students are given the freedom to pursue their own style and approach.

This class is ideal to brush up on your talents or try a new skill. Tuition is available from Adrian Williams BA (Hons). There is a Bar as well as hot and cold drinks available throughout the session and during the break. For more information contact: [info@theothers.uk.com](mailto:info@theothers.uk.com)

...your brain consists of about 100 billion neurons! That's about 166 times the number of people on the planet! It would take you approximately 171 years to count them all!

### Contact Us

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E:

[hello@groovyartworkshops.co.uk](mailto:hello@groovyartworkshops.co.uk)

: T: 0844 357 9472

: [Check out our website](#)

## Evening Out

### ***Licence To Tell: Storytelling Evenings, coming to a pub near you?***

If you always thought Storytelling was for children, prepare to change your mind. Join Vayu Naidu Company's Storytellers (VNC) as they enchant and entertain you with stories of Heroes and classic Tricksters from around the world, while you relax over a drink in your favourite local London pub.

Listen to stories of slaying dragons, while you slake your thirst!

Licence to Tell is an initiative to take Storytelling into non traditional and non theatre venues, where people can enjoy exciting and diverse stories from many different cultures.

The company champions young performers in order to keep our oral tradition of intercultural stories alive, fresh and relevant! VNC combines traditional storytelling theatre in mainstream theatre venues in the UK and internationally. For more info and performance dates contact: [info@vayunaiducompany.org.uk](mailto:info@vayunaiducompany.org.uk)  
Website: [www.vayunaiducompany.org.uk](http://www.vayunaiducompany.org.uk)

### ***Arts 4 Human Rights Festival***

Arts 4 Human Rights, is a not-for-profit organisation, which seeks to challenge, promote and provoke questions about a range of human rights issues through art. Arts 4 Human Rights is presenting its inaugural festival from 8th - 15th May 2010 taking place in venues across Southwark.

The events include theatre and play-readings, talks and seminars, performance art, dance, music from international and local artists, and visual art, all focusing upon the theme of 'disPLACEMENT'. Exploring and highlighting the plight human trafficking, immigrant rights and those seeking asylum.

For more information please visit [www.arts4humanrights.org.uk](http://www.arts4humanrights.org.uk) , or email [events.arts4humanrights.com](mailto:events.arts4humanrights.com)

The music night on Saturday 15th May, costs £3.00 - £5.00, all other events are FREE; everybody is welcome!

### **The Art Of Shopping!**

Fully book your Art Party before 31st July '10 and get your **FREE** Groovy Art Hamper packed with art and educational goodies to delight. Quote this Ref. No.: **LW04-10** when booking your Art Party to ensure your hamper is reserved.

Introduce a friend\* before the 31st July '10 and get a further gift, a **£50.00** gift card from any of these retail outlets: Marks and Spencers, Harrods, Waitrose or Selfridges.

\*Terms & Conditions apply

[Find out more at our website](#)

**Expiry Date:**

**Friday 30th July 2010**

Groovy Art Workshops | 169 Ramsden Road | United Kingdom