

Herbs, Healing & The Natural Environment Exhibition Events

Please book your event (workshop or walk) ticket from our ticketing website at: <https://museum-of-gloucester.arttickets.org.uk/museum-of-gloucester/2023-08-05-healing-herbs-exhibition-workshops>.

You can book multiple workshops/walks on the same transaction. Use this document to refer to look at the descriptions of each event and the session date and time for the event you would like to book.

All events cost £1.00 for a ticket. For more information, please email: <mailto:museums.education@gloucester.gov.uk?subject=Healing Herbs Exhibition Events>.

Date	Name	Time	Facilitator	Venue	Description	Capacity	Other information
WORKSHOPS							
12/08/2023	Mushroom Workshop 1	12.30-1.30	Lenka	Museum of Gloucester	Mushrooms have been used by people around the world for millennia as a food, medicine, and for religious practices. However, there are little historical records using mushrooms as dye or paper. In the latter half of the 20th century, Miriam Rice, an American artist, helped establish the arts of mushroom dyeing and papermaking. Mushrooms, especially brackets, contain high level of cellulose which makes them the perfect medium for making original birthday cards, wrapping paper or even a journal.	30	18+ Only.

12/08/2023	Mushroom Workshop 2	2.00-3.00	Lenka	Museum of Gloucester	In this workshop you will learn how our ancestors' used mushrooms in their everyday life, mushrooms' folklore and what mushrooms can do for us. The talk will be followed by a demonstration how to make a paper from a bracket fungus at home.	30	Families. All children to be accompanied by adult.
20/08/2023	Herbs and Creative Writing 1	11.30-1.00	Juwairiya	Museum of Gloucester	Join this workshop to reflect and experience the feel and fragrances of different to express in creative writing. Explore memories, feelings, sense of belonging, and well-being - linked with herbs.	9	14+ and Adults
30/08/2023	Qi-Gong	2pm - 3pm	Jane	Museum of Gloucester	Journey through Nature's Elements with Playful Qi Gong – meditatively move the elemental energies in your body for physical and mental wellbeing	20	14+ and Adults - wear comfortable clothing
16/09/2023	Culinary Therapy and it's Benefits	1.45-3.45pm	Susan H	Museum of Gloucester	A 2-hour interactive workshop focusing on the healing power of herbs using practiced techniques of culinary therapy. We will discover how the kitchen can be used as a therapeutic space, encouraging wellbeing, connection and visibility. Using cooking as a form of self-care, we will use herbs as an entry point into this fascinating area and talk about mindfulness, mental health benefits and creativity as we cook and eat a simple dish together.	30	

18/09/2023	Herbs and Creative Writing 2	4pm - 5pm	Juwairiya	Museum of Gloucester	Join this workshop to reflect and experience the feel and fragrances of different to express in creative writing. Explore memories, feelings, sense of belonging, and well-being - linked with herbs.	9	
23/09/2023	Types of Herbal Remedies	12.00-1.15	Zaheera	Museum of Gloucester	Learn about the different practical applications of herbs for use in the body.	20	
21/10/2023	Meditation	2pm-3pm	Brian	Museum of Gloucester	Workshop and Meditation on Water Memory and Consciousness.	20	14+ - wear comfortable clothing.
WALKS							
05/08/2023	Forage Walk No 1	1pm-4pm	Graham	Near the Sula Lightship	Each walk is physically easy, all on the flat, mostly on smooth surfaces. We will walk around the given area identifying wild food and/or medicines, fruit, flower, root and leaf spoken about. Where applicable, poisonous plants, will be identified, especially if similar to edible varieties.	15	
13/09/2023	Forage Walk No 2	1pm - 4pm	Graham	St Mary Decrypt and Cathedral		15	
01/10/2023	Forage Walk No 3	1pm - 4pm	Graham	The Bandstand, Gloucester Park,		15	
					To note : walk will not take place if it is raining		