

Thyme & Space at Plot 22 – Friday 7th December 2018

Who came:

3 guest participants with 1 carer
Alison & Rita from Plot 22

1 participant received individual support



Feelings: we began with an elemental meditation for December and found words to express how we were feeling at the beginning and end of the session:

Un-Xmasy, mixed, up the creek> really enjoyed doing the tree, glad I came.

Glad made the effort, reminded of the season> pleased with myself, happy and satisfied

Tired and not looking forward >pleased with myself doing something new, relaxed, refreshed
Calm> creating new joy from broken things in a mosaic

Cold>really good to do something new

Old> sense of achievement



Making stuff:

We agreed last time we would give mosaics a go. None of us had tried it before. We were just feeling our way along a creative path. As there were no experts, there was no one to even think we weren't doing it right! We all took home tiles we were really proud of.

The Christmas tree was decorated ready for the Winter Warmer on Sunday. A simple structure of poles with ivy and greenery twisted around it and few shiny things Some liked it more than the traditional tree. This season can benefit from simplicity.

The weather gave us the gift of a whole rainbow over the cabin.

Gardening: we had a tour of the plot and admired the new gate and fence around the Serenity Circle that this group has played a large part in creating. The inclement weather meant we didn't garden today.



Sustenance: as it was wild and wet we gathered in the cabin eating Matilda cake. Lunch was a soup that included squash and leek from the plot, Stoneham Bakehouse sourdough bread, cheese, hummus, mince tart warmed on the wood burner and more Matilda cake .