



Drama

Drama games are really good for team-building, expression and for having lots of fun.

These workshops are less structured and can change each time so you can have a drama workshop more than once and we'll make sure the content is different each time.

Publicity

If you would like to book any of our workshops and encourage new members to your group we can help you publicise the event with our uniquely designed posters (small amount printed) and a press release to be sent to the paper if required.

For more information:

Contact Us



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what next?



Xpressive Workshops



Challenging stigma of disadvantaged people

Workshops

Our workshops work really well as team-builders, for fun and can also reward participants with a huge sense of achievement when they come away with something at the end.

We can run these workshops within your own group, at your venue or we can book one for you.

Locally run workshops will also be organised by Moulding Futures throughout the year if individuals are interested in taking part but are not part of a group.

For group prices call for more information and discounts are available for multiple bookings.

If one is already organised you will be able to book a place online at www.mouldingfutures.co.uk/workshops



Art

Abstract Art is a great way to make a mess, let go of stress and structure, and also to express a feeling.

Our workshops have visual timetables for the day, materials, step by step clear pictorial instruction sheets, and an enthusiastic tutor to inspire and support each person in the task.

Examples of art workshops:

- Express yourself through texture and colour
- Create a canvas picture clock
- Getting messy with art and collage
- Team challenge - creating a large piece of art as a group



Writing

Writing is another powerful tool in the art of expression, discovery and can also be a great stress reliever and fun.

Our workshops are fun, creative and encourage group work as well as individuality - audio and video equipment can be used instead of paper and pen too.

Examples of writing workshops:

- Starting something - finding a story
- It's all about you - self discovery
- Sending a card - write a verse for a greeting card
- Write is a verb - let's do it!
- Journal writing