

Mindful Events

During May Overcoming MS is promoting mindfulness. What exactly is that I hear you ask? There are many explanations. More importantly there are many ways to do it. Mindfulness is **a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.** Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. You don't have to just sit. During this month we have a programme of events which explore some possibilities for you to watch or join in.

Sat 7th May Dizzy and Creative leads a mindful stitching session. She could be in The Hamaue or sitting in the sunshine. 11.30am-3pm Dizzy and Creative produce high quality embroidery kits and project books. Jay will be sharing her skills and is an excellent teacher.



Weds 11th May Being aware of what is around you and Nature. Mary Harold and friends explore the natural world and the bounty of wildlife. Mary is setting a moth trap and we shall see what develops from this.

Mary and Moths children's workshop but adults can join in too. At the Carriage House in the stable yard.

Katy Stoneman will be painting on site. Find her in the garden and watch her wielding her palette 🎨 (if wet she may be hiding somewhere or in the Carriage House too) Katy is exhibiting at Delamore and will be happy to answer questions about her work and palette knife painting.

Lyn Edwards will be doing slow stitch work. She could be in The Hamaue or sitting in the sunshine. Why not enjoy the exhibition and garden, bring some stitching and join her, for a little bit of calm mindfulness.



Garden Tour with The Garden House RHS Horticultural Students Nick and Jasper

There are many beautiful specimens at Delamore. N& will guide you round, answer questions and explain why they love gardening and perhaps you'll get hooked, realising how calming, healthy and mindful it is. Date and time TBC

Sun 15th May A Rare opportunity to work with International Artist Clare Law.

Clare is running two palette knife workshops in The Carriage House 11am and 2pm. There are 15 places in each and sessions are just £10. You will come away with a mini easel of your own to keep. If you have your own oil paints, please bring them with you. Booking essential by email: tessajanedesigns@gmail.com

We'd like to thank Clare as all proceeds go to Overcoming MS for these workshops.



Mon 30th World MS Day

What the World MS Day and the “MS Connections campaign says...

The 2020-2022 World MS Day theme is ‘connections’. MS Connections is all about building community connection, self-connection and connections to quality care. ‘They’ are challenging social barriers that leave people affected by MS feeling lonely and socially isolated. Together, we advocate for better services, celebrate support networks and champion self-care. Change the future, find your #MSConnections.” to quote their website.

The OMS Program has 7 steps and one of them is meditation and mindfulness. Art and creativity is a way of being mindful, as is gardening, birdwatching, sewing, knitting, crochet and many other activities. So Delamore Arts and the Garden is a perfect way to illustrate what can be achieved. So many charities focus on running and physical sponsorship which is not inclusive for many people living with MS. Has the aim to create an amazing experience, for everyone to share world wide and to raise awareness through creativity been achieved? We really hope so.

Overcoming MS team, Plymouth University, South West MS Therapy Centre and South West Circle members will be onsite all day to answer questions and celebrate together.

11am Lyn Edwards Mindful sewing session 2

Personal stylist Styled by Sian will be on hand to talk colour, body shape and feeling good about what you wear 11am and 2pm.

