

**Have Fun!**

**Try something new!**

# ★ Skill Up Day ★

May 21st, Chantry, Castle St, Thornbury

*Workshops & Demonstrations to get you started or increase your knowledge. given by local experts.*

*Learn how to:*

- *Use Herbs for Healing*
- *Make your Own Toiletries*
- *Basic Bike Maintenance (bring your bike along)*
- *Get Started with compost & wormeries*

***All demonstrations/workshops will last approx 2 hrs & will run both morning and afternoon***

***Cost per workshop: £5, Under-18s £1, ST members £4. to include refreshments on arrival***

**Workshop places are limited—booking essential  
Booking forms from Thornbury library, Town Hall or download  
from [www.sustainablethornbury.org](http://www.sustainablethornbury.org) or [www.Mythornbury.co.uk](http://www.Mythornbury.co.uk)**

**bikes made good**

**HERBS FOR HEALING**

**Happy Holistics**

For more information go to [www.sustainablethornbury.org](http://www.sustainablethornbury.org) or  
[www.mythornbury.co.uk](http://www.mythornbury.co.uk) or ring 01454 416778

