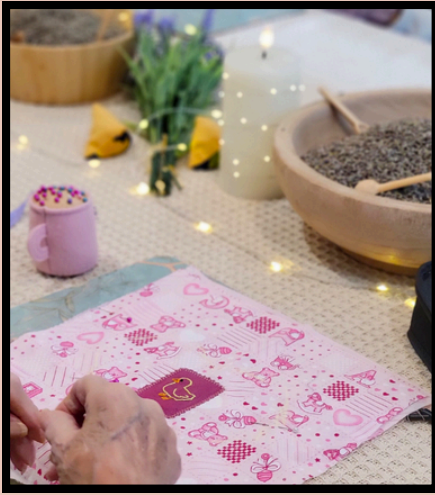


Wellbeing, Sensory Workshops



Designed to be inclusive and filled with sensory elements along the way!
Styled as a craft workshop, but delivering so much more.

Each workshop is run personally by me, to ensure consistency and familiarity each time I visit. This means I can grow a bond with the residents and learn their individual needs and preferences. Every workshop is set up with calming, sensory elements on the table and all based around lavender and it's wellbeing benefits. Residents get to choose fabrics and designs to suit their own personalities, resulting in a wellbeing gift at the end they are truly proud of and connect with.

From drawing around templates in chalk, to filling their gift with lavender, each stage requires gentle focus. Not all residents can complete each stage in it's entirety, but that's what I'm there for. I'll bring the table to them, help them fill the final bag, twist the fabric so they can draw it.

The most important thing, is the feeling of accomplishment every resident feels at the end. Knowing they were included in every stage, decision and being presented with their gift at the end is an incredible moment to witness. For many, those days of crafting something for themselves or a loved one were over. With me, they realised they still can, it just means we take a slightly different route.

The workshops take an even more powerful role when the lavender scent in the room, naturally links to that feeling to their brain. Giving your dementia residents that wholesome joyous emotion, even if they cannot recall the activity itself. Smelling the lavender back in their room or when giving their gift to a loved one, will bring such strong emotions of happiness and true self worth, they might even recall some of the activity. It's all about bringing people together.

2026 Price

£108.00

**plus
mileage**

Contact me for any questions
and to book a workshop for
your home.

Tara, Founder Fabric Sewn
Beautiful

tara@fabricsewnbeautiful.co.uk

