Live in Thornton Heath

Enjoy getting CREATIVE?

Then come to one of our wall-art workshops and help us celebrate all that is great about the local area.

No expertise required

WORKSHOP: PRACTICAL DESIGN
FACILITATOR: PHILIP DENNIS
WHEN: Saturday 14 May 2016
12noon to 2.30pm: under 16s and their families.
3.30pm to 6pm: over 16s
WHERE: St Alban The Martyr Church Hall, Whitehorse Lane, SE25 6RD.

Find creative inspiration in your local high street with these practical design workshops with illustrator PHILIP DENNIS. You will be taken on a short, guided walk through Thornton Heath to discover the often overlooked visual treasures in our everyday environment. After gathering your observations, you will be shown how to transform them into striking forms, patterns, and symbols during fun, engaging activities. More of Philip’s work at www.philipdennisart.com

Please note that under 18s must be accompanied by an adult.

More artists overleaf ➡️➡️

As part of the regeneration of Thornton Heath the Council has commissioned a number of pieces of public art. Four artists with local connections have been appointed to develop designs over the next few months, and they now need your help!

Book your place in advance with the artists to avoid disappointment or drop in on the day.

All venues are wheelchair accessible.
WORKSHOP: LINOCUT PRINTMAKING
FACILITATOR: MAT PRINGLE
WHEN: Saturday 14 May 2016
1.30pm to 3.30pm
13 year olds and over
WHERE: Healthy Living centre at Thornton Heath Leisure Centre
100 High Street CR7 8LF

Book your place or more info at matpringleillustration@gmail.com

Artist MAT PRINGLE will be running two linocut based printmaking workshops. The subject matter of the printmaking sessions will be inspired by the hidden flora and fauna of Thornton Heath; it could be a fox, or a leaf from a tree or even the Crystal Palace eagle Kayla! Those attending will get to keep their finished linocuts and prints though one of each print will be kept by the artist to help him inspire the final mural design. All equipment will be provided so just bring your creativity and start thinking about your favourite Thornton Heath based animals and plants. More of Mat’s work at Mat Pringle www.matpringle.co.uk

WORKSHOP: PHOTOWALK
FACILITATOR: SNAPSHOT COLLECTIVE
WHEN: Sunday 22 May 2016 – 1pm
WHERE: Meet at Thornton Heath Pond
(Junction of Thornton and London Roads)

Book your place or more info at tithproject@btinternet.com

Join the SNAPSHOT COLLECTIVE on a photowalk that will take you on a journey around Thornton Heath covering landmarks and hidden gems in a far from ordinary town. With cameras at the ready you will take pictures along the way to capture images that celebrate your town’s attitude and diversity, and show off its beauty and uniqueness. The artists will then work with your photographs as part of their artwork design process. All you need to participate is a camera (of any type, including mobile phone cameras) and an interest in photography and Thornton Heath. Please visit www.tithproject.tumblr.com to learn more.

Please note that under 18s must be accompanied by an adult.

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BEN CONNORS will be running a workshop for young people to explore aspects of Thornton Heath’s cultural diversity and sense of vibrancy, with a particular focus on sound and music. This will be a chance to contribute to and inform Ben’s mural design process through creatively sharing their stories, ideas and experiences.

The place, date and time of BEN’S WORKSHOP is being agreed in conversation with established Thornton Heath youth groups. However, if you are aged between 16 and 25 and are keen to hear more about opportunities to participate once details are confirmed, please contact benconnors@me.com

If you are of any age, but have stories, knowledge or imagery about the history of music in Thornton Heath or of its present-day music scene, that you would like to share with Ben, please contact him at benconnors@me.com

See more of Ben’s work at: www.benconnors.blogspot.co.uk
10 options for you to Live in another country. With a list of pros and cons for each of the options and links for the application process. Follow your dreams! If you spend a long time living legally in a foreign country, often you get a residence permit and even citizenship. Every country has different rules so check out the immigration website of the country you are interested in. However, this does mean that you will have to find a way to be living and working in the country legally beforehand. c) Through marriage. This also depends on each country but even if you can’t get citizenship, if you are married you will at least have permission to live and work in the country of your love. Living in the present moment means no longer worrying about what happened in the past and not fearing what will happen in the future. It means enjoying what’s happening now and living for today. Choosing to live in the past or the future not only robs you of enjoyment today, but it also robs you of truly living. The only important moment is the present moment. With that goal in mind, consider this list of ten tips below on how to live in the moment. How Do You Live in the Moment? 1. Remove unneeded possessions. Minimalism forces you to live in the present. Removing items associated with past m In the middle of night, on the way home from the convenience store, suddenly he bathed in a strong light, and then what waiting in front of him is an another world. Since birth, Yoji Tanaka* (27 y/o Job Salesman) who in what ever he does “first thing first” is his motto, without understanding anything was blown to another world. The place that he arrived at was a middle aged kinda frontier village. These are recommendation lists which contains How To Live In A Different World. You should give them a visit if you’re looking for similar novels to read. Alternatively, you can also create your own list. isekai world. We all have things in our lives, whether its our circumstances or personal flaws that are holding us back from doing thing we truly want to do. You can either accept it, rationalize it away, or face your fears. Which one will you choose? Does life feel shitty, joyless, hopeless? Do you feel like you’re stuck in a rut with no way out? You already know how to get out â€“ be the hero of your own movie. Pretend you’re the hero character in a hollywood blockbuster. There’s a point in every movie where the hero is down and out, with seemingly no way out, yet he always finds a way to overcome the odds. Pretend you’re that hero, you’re in a tough spot, and its your job now to overcome the odds and come out on top â€“ because its in the script. How can you live true to your purpose within every situation you are in, every second of the day? Set your life commandments. Define your personal commandments to live your best life. Stop expecting others to behave in a certain way. Rather than demand that others around you change, focus on changing yourself. You’ll be happier and live a more fulfilling life this way.