



**LANCASHIRE FEDERATION OF WOMEN’S INSTITUTES**

**COOKERY & CRAFT SUB-COMMITTEE**

**ZEN EMBROIDERY WORKSHOP**

- Dates:** Friday 22<sup>nd</sup> February or Saturday 23<sup>rd</sup> February 2019
- Time:** 10am to 3.30pm
- Venue:** LFWI Offices, Croston House, Leyland, PR26 6TU
- Cost:** £20 (plus £2 for materials, payable on the day)
- Tutor:** Sue Bennett

**Learn how to colour in a Zen design, not with crayons but with stitches, while developing your embroidery skills. You will learn how to do straight stitch, back stitch, chain stitch, Lazy daisy stitch and French knots. Materials will be provided at a cost of £2. Suitable for all abilities, beginners welcome.**

You need to bring: stranded embroidery threads in your choice of colours, including green and yellow, a six-inch embroidery hoop, embroidery needle with a sharp point and an eye large enough to take several strands of embroidery thread, scissors and a black biro for transferring the design.

**Tea/ coffee and biscuits/ cake will be provided throughout the day, but members will need to bring a packed lunch.**

Closing Date: Thursday 24<sup>th</sup> January 2019

October 2018

**LFWI: COOKERY & CRAFT SUB-COMMITTEE – ZEN EMBROIDERY**

Name of WI..... Secretary (or contact) .....

Address including Postcode: .....

Tel. No. .... Email.....

**Applications to be sent to:** The Federation Secretary, LFWI Office, 8 Croston House, Lancashire Business Park, Centurion Way, Leyland, PR26 6TU or online from the website – [www.lancashirewi.org.uk](http://www.lancashirewi.org.uk)

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**BY PROVIDING THIS INFORMATION YOU ARE GIVING PERMISSION FOR YOUR PERSONAL DETAILS TO BE USED FOR WI/FEDERATION PURPOSES**