



COME  
ON DOWN

2021 ONLINE EDITION

# **WEDNESDAY 20TH OCTOBER**

WATCH ONLINE AT [HEADWAYARTS.CO.UK](http://HEADWAYARTS.CO.UK)

## **11AM**

Looking after ourselves is important so Come Online to a relaxing gong bath with specialist Tracey West, followed by an interview with Tracey on the Power Sofa

## **12PM**

Let's talk about creativity with Lady Kitt

## **1PM**

Paula dances and we ask her: why is being creative so important to you?

Rebecca and Allie are on the Power Sofa to help answer this question

## **2PM**

Come Online to a fabulous workshop with Poppy Crawshaw

## **3PM CLOSE**

# THURSDAY 21ST OCTOBER

WATCH ONLINE AT [HEADWAYARTS.CO.UK](http://HEADWAYARTS.CO.UK)

**11AM**

**Start the day off in the right way and Come Online to a lively circus workshop with Circ Motif**

**12PM**

**How do we create and adapt post-Covid? The cast of Hold Your Peace are on the Power Sofa**

**1PM**

**From Sill To Sea: Northumberland Folktales and Arts in the Landscape - join cast and crew on the Power Sofa**

**2PM**

**Grab yourself a cuppa and Come Online to our relaxing Creative Café**

**3PM CLOSE**

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Watch live online via [HeadwayArts.co.uk](https://www.headwayarts.co.uk)

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