

**17 FEB 5.30-10pm - POP UP VINYL RECORD STORE with Spinning Superiority**

Love is in the air for our return to Staiths Cafe, with our Valentines 2020 Special...Shop our huge range of records to the DJ Superiority Love set! Food and drinks served downstairs all night!

**24 FEB 7-8.30pm - SOAP MAKING FOR BEGINNERS with Neal's Yard**

Learn about the traditional art of soap making using Neal's Yard tried and trusted recipes. Make two soaps to take home, one you will cure at home and the other ready to use straight away. Places are limited. £15pp Contact Lou Rea to book a place on 07901942173 or [louise@metalpig.tv](mailto:louise@metalpig.tv) [facebook.com/LouiseReaNYROrganic](https://facebook.com/LouiseReaNYROrganic)

**02 MAR, 6.30-8.30pm - AN INTRODUCTION TO MINDFULNESS with Mindful Maguire**

Back by popular demand! During the session we will cover: What mindfulness is/isn't. Learn about auto-pilot...the mind loves to focus on the past or future yet we only have the present moment. Experience an eating meditation. Experience the body scan mindfulness meditation. Learn how mindfulness can help in daily life. Ask questions about mindfulness. Cost £16.22pp Booking essential due to limited places. For further info contact Peter on 07766 761 645 or email [peter@mindfulmaguire.com](mailto:peter@mindfulmaguire.com)

**09 MAR 7-8.30pm - LOVE YOUR LAUNDRY with Neal's Yard**

REDUCE your Plastics and go Toxin Free by creating your own washing liquids, powders and fabric softeners. Using Organic Essential Oils you'll make 3 DIY Recipes to take home and hopefully save a lot of pennies in the future. To REDUCE waste - please bring 2 clean RECYCLED jam jars and a glass bottle take home your recipes. Places are limited and e-ticketed. If you have any questions - please do not hesitate to message me. £16.50pp. Contact Lou Rea to book a place on 07901942173 or [louise@metalpig.tv](mailto:louise@metalpig.tv) [facebook.com/LouiseReaNYROrganic](https://facebook.com/LouiseReaNYROrganic)

**16 MAR 6.30-8.30pm - GECKO PLAQUE PAINTING with The Kiln Pottery Studio**

The Kiln Pottery Studio are coming back to the The Staiths Cafe for an evening of Pottery Painting! £15 per Gecko, £5 pp deposit required at time of booking contact The Kiln Pottery Studio on 0191 366 6375 or [info@thekilnpotterystudio.co.uk](mailto:info@thekilnpotterystudio.co.uk) to reserve a space!

**All events are held upstairs and can be booked via The Staiths Cafe Facebook page (see upcoming events) unless otherwise stated above.**