

Invitation from The Cumberland Arms and local artist Lady Kitt

Please help create “**NOURISH: The Cumberland Shrine**”. The Cumberland is a dearly loved source of physical, creative & emotional nourishment to it’s local communities, especially vital over the last few years of pandemic & increasing turbulent global politics. To celebrate this, we’re making a shrine to sustenance in the pub & invite you to get involved by:

- Making garlands (from recycled plastic bags)
- Sharing a memory of the pub at our “making day”, for details PTO



Plastic bag flower garland instructions:

Materials: | **Plastic shopping bags** (to maximize the recycling benefits, use bags that have holes in them/ handles missing etc and not bags that can still be used for carrying stuff!)

| **Florist / garden wire** (any jewellery / gardening wire or pipe cleaners will work)

Cut a pile of 4-8 oblong strips from plastic bags & place on a flat(ish) surface with one of the short sides directly in front of you. Starting from the bottom, concertina fold the strips together. A concertina fold has many names- It is sometimes called a fan, zig zag, accordion or staircase fold.



Once the plastic strips are folded, take a length of wire & fold it around the middle of the pile, to create a loop. Pull the wire tightly around the centre of plastic & securely twist the ends together. The first pile should be about 2 inches from one end of the wire, leaving room for other flowers that will make up the garland. The wire should be twice the length you want the finished garland.



Fan layers of plastic either side of the wire loop, to form a “bow tie” shape. Hold the wire with one hand. With your other hand pull the top sheet of plastic towards the central wire, so it separates from the other sheets. Continue to do this with each of the layers on one side of the “bow tie”, then repeat with the layers on the other side. You should now have a carnation shaped flower at one end of your wire. Fold a new pile of plastic sheets and attached to the wire about 2 inches from your 1st. Repeat the process above creating more flowers until you have run out of wire.



Leave your completed garland with a member of staff.

We are hosting a drop-in “making day” for NOURISH

| Sunday Aug 7th

| 12-5pm (Exact timings TBC)

| No need to book just come along to the upstairs room

During the making day we encourage fellow Cumberland enthusiasts, of any age, to:

- Make garlands (from recycled plastic bags, with support from Kitt)
- Bring a memory of the pub to share (this can be a photo, some writing, a drawing, an object, a song or a story you would like to tell us on the day)

These memories will become part of a household shrine/ alter made on the 7th and displayed in the pub until Oct 2022.

Feel free to bring your own plastic bag or use ours.

Children and young people under the age of 14 cannot attend the workshop without an adult parent or guardian.



The shrine will be a celebration of sustenance and the Cumberland’s role in supporting communities to collectively flourish, even (perhaps especially) in difficult times.

By using recycled materials and recycling processes we are also celebrating the pub’s commitment to environmental responsibility and sustainability. After October, garlands made as part of the project will be re used for other events and celebrations at the pub during the year.

From July 2022 instructions & materials will be available at the Cumberland to make garlands as part of the project, so (if you can’t get along on the 7th) you can still get involved, if you would like to. You can make while you sit at the pub or take the materials away with you- just ask at the bar.

Venue access: • There is an external ramp to the room we will be using for the Making Day

- The Cumberland Arms doesn’t have an accessible toilet
- There are baby changing facilities at The Cumberland Arms

For more detailed access info visit: <https://www.thecumberlandarms.co.uk/>

If you have any access requirements for the Making Day please contact the project producer Sarah Li: sarahli.ladykitt@gmail.com

For more info on the project and more “how to’s” including:

- PDF “prepping plastic bags”
- Video “making a garland”

Follow this link / scan the QR code:

<https://www.ladykitt.com/nourish-the-cumberland-shrine>



Photo credits | Sarah Li, “WORTH Shrine”, by Lady Kitt, 2022, The Civic, Barnsley
| Lady Kitt, “Beautiful Difference Shrine”, by Lady Kitt, 2021, Headway Arts, Blyth