



NOURISH

WORKSHOPS

Sometimes we all need a bit of nourishment to help us feel creative. Common/Wealth has designed a programme of six free sessions to ignite your creativity, led by exciting and radical creatives from Cardiff and beyond. We want to help you try something new, blow off steam, and develop your relationship with yourself.

We can help you with any costs that might help you attend, including transport, food and childcare. Get in touch with us on email

chantal@commonwealththeatre.co.uk or tel - 07983883313 if you need anything.

Our Nourish workshops are happening all through Feb 2025 at our home at Llanrumney Hall.

Spaces are limited, book yours on our Eventbrite.

Get in touch if you have any questions - we want you to feel relaxed and at home with us.



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