

BODY, BREATH, MOVEMENT – LIFE

Workshop is centered around body, movement and breathing as life force. Combining meditation, mindful breathing, body awareness and dance. Explore your connection to life, inside and outside of your physical being.

Where: Catholic Church Royston, 6 Melbourn Rd, Royston SG8 7DB **Venue 26**

When: 23 Sept 4 - 7pm **FREE** Age 20+ No booking required.

FB: <https://www.facebook.com/vanjasneg> Web: <https://www.balanced-be.com/>

CUPCAKE DECORATING

Drop into Kelly's Kitchen to decorate your own 'Force of Nature' cupcake. Make some decorations and learn how to pipe a buttercream swirl. Availability limited to 18 people.

Where: Kelly's Kitchen shop, 7a Lower King Street, Royston Herts SG8 5AL **Venue 19**

When: 24 Sept 10am-12noon **FREE** - if you spend **£5** in store

Age: 5-12 yrs. No booking required. Web: <https://kellyscakekitchen.co.uk/>

FILM: LITTLE ENGLISH + Q&A

A laugh-out-loud story of a dysfunctional Punjabi family in the pressure cooker life of a terraced suburban home in Slough. Newly arrived from India, naive Simmy has come to marry the family's eldest son Raj, who absconds, leaving Simmy effectively kidnapped by her domineering mother-in-law and seeking escape with the help of other disgruntled members of the family. Q&A may feature members of the cast and production team.

Where: Royston Picture Palace, Town Hall, Melbourn Street, Royston SG8 7DA **Venue 1**

When: Sun 24 Sep, 2pm Q&A 3.50pm **£5 - £8** Age: 12A.

Book online at <https://roystonpicturepalace.org.uk/> or pay on the door.

ARGENTINE WINE TASTING

Taste a selection of Argentinian wines with Cambridge Wine Royston.

Where: Number 41 41 Kneesworth Street, Royston SG8 5AB **Venue 21**

When: Tue 26 Sep, 7.30pm **£17.50**

Age: 18+. Booking required. Book online: <https://www.cambridgewineroyston.com/events/>

RETURN TO CREATIVE ROYSTON HOMEPAGE: [HERE](#)