

The Bristol Freeconomy  
Community presents

# freeskilling

Bristol's FREE weekly skill-sharing evening...

JUNE-JULY

## Emotional Freedom Technique

2nd June, The Better Food Company, Sevier St @ 7pm

Come and learn basic EFT with Emma Hedges of Theta Wave Healing- and try it on everything!!

## How to organise a Streets Alive Party!

9th June, The Better Food Company, Sevier St @ 7pm

Learn how to organise an infamous Streets Alive Party in your neck of the woods. With Kai Paulden (and possibly a very special guest!)

## Ecstatic Dance!

16th June, The Better Food Company, Sevier St @ 7pm

Join Keef Miles for a great evening of ecstatic dance. Places limited so book in advance.

## How to build a computer from Freecycle parts!

23rd June, The Better Food Company, Sevier St @ 7pm

Don't buy a computer – learn how to make one from spare bits and pieces off Freecycle. With Ben Smith.

## Homeopathy in the 21st Century

30th June, Outside St Werburghs City Farm Cafe @ 7pm

The theory and practice of Homeopathy with Gordon Adam & his wealth of experience and advice.

## Acupuncture – an Introduction

7th July, The Better Food Company, Sevier St @ 7pm

Learn about the ancient eastern art of acupuncture and how needles, cups and burning herbs can help restore physical, mental and emotional health and wellbeing. With Pamela Booth.

## How to build and maintain a Wormery!

14th July, The Better Food Company, Sevier St @ 7pm

Learn how to use worms to convert food waste into great compost for your garden. With Fred Miller.

## How to tell one Tree from the next – a Walk and Talk!

21st July, The Better Food Company, Sevier St @ 7pm

Learn to identify trees and discover their stories and uses. With Ben and Lucy.



For more info join your local Freeconomy Community at  
[www.justforthe loveofit.org](http://www.justforthe loveofit.org)

The evenings are absolutely **FREE** and **EVERYONE** is welcome, though donations are accepted for the venue. Any ingredients required to learn with on the night will be sold at cost price.