

The Bristol Freeconomy

Community presents

# free skilling

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

## How to make REAL Bread and Pizza

1st July, Café Midnimo, Ashley Rd @ 7pm

Join Chris Adams and others and learn how to make lots of dough – freeconomy style!

## DIY Cleansing and Cleaning!

8th July, Café Midnimo, Ashley Rd @ 7pm

Cleanse yourself and your house with Claire from 'Bella Bees' and her 'Recipes from the Pantry'.

## Zen and the art of Bicycle Maintenance

15th July, Café Midnimo, Ashley Rd @ 7pm

Punctures, gears, spokes, brakes – everything you need to know to care for your bicycle with Jake.

## Food for Free in Brizzle!

22nd July, Outside St. Werburghs City Farm Café @ 6.30pm

Join local 'Self-Sufficient'ish' celebrities Dave and Andy Hamilton for a forage, walk and a meal if we get lucky!

## Basic Conversation in Sign Language

29th July, Café Midnimo, Ashley Rd @ 7pm

Learn how to have a basic conversation without opening your mouth. An intro to British Sign Language.

## Brew your own Booze!

5th August, The Better Food Company, Sevier St @ 7pm

Learn how to make you own Beer, Wine, Cider and Mead with Bristol's Finest Brewers!

## Going 'Off-grid' Lesson 1 – Candle-making

12th August, Café Midnimo, Ashley Rd @ 7pm

Who needs electricity! Save money, save energy and add atmosphere to any room!

## Reflexology – a Practical Guide for Beginners

19th August, Café Midnimo, Ashley Rd @ 7pm

A practical introduction to Reflexology and learn how to use someone's feet to heal the rest of their body.



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 Café Midnimo. Any ingredients required to learn with on the night will be sold at cost price.