

# PULP FRICTION NEWSLETTER

for the members, by the members



## Photos from the big event



## National Diversity Awards 2025 in Liverpool



Members of Pulp Friction attended the National Diversity Awards 2025 in Liverpool on Friday 19 September. Clare Balding was the presenter and many celebrities were there as well.

It was a smart dress or suit evening as you can see from the photos. Pulp Friction was not the overall winner but it is a huge achievement to have been nominated.

Well done everyone!

# PHOTOS OF LIVERPOOL

All dressed up!



Can you spot  
Clare Balding?



# NEW CAFE OPENING SOON



This cafe is in Clifton. The picture opposite is an interpretation of what the cafe will look like.

In September Dan, Sim, Claire S, Jill and Dawn visited the building and saw people working on the inside.

Pulp Friction will be working with Footprints to run the cafe.

We hope the cafe will be opening soon.

## FOOTPRINTS

*Footprints in based in Nottingham. It changes children's lives with mobility and communication difficulties.*



# What is happening in the garden?

Elliot and Gary have been busy making different kinds of plant pot holders.

They have been made by mixing cement and water together and then dropping fabric into this mixture.

The fabric is then draped over a plant pot or a piece of wood to dry out.

They can be painted and will be on sale around Christmas.





## Candle holders in the making

Here are candle holders for tea lights made out of spare wood waiting to be finished. These will be available to buy near Christmas and you can decorate them with colours if you like.

**Can you believe what these decorative baskets are made out of?**



**These baskets have been made by members at the cafe.**

**They have been decorated for Christmas and will be filled with chocolates for sale.**

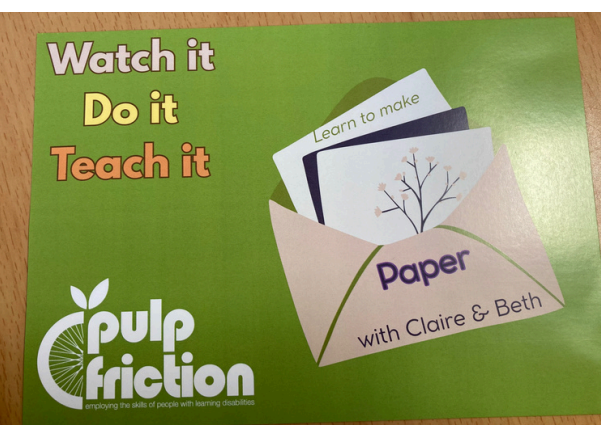
**Look at the picture on the next page to see how they started.**

# Baskets- recycling in action.

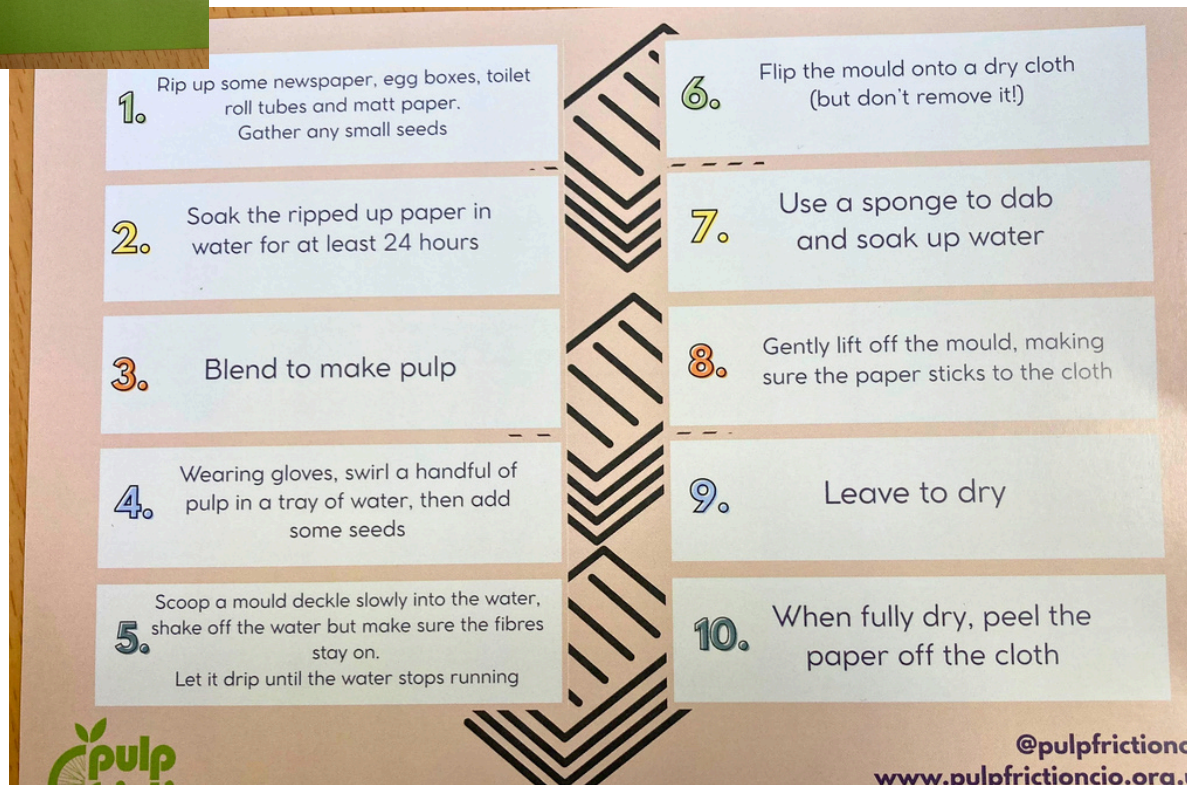


Sam and Members made the paper by recycling old paper. It is a long process as you can see from the instruction leaflet below.

If you want to do this yourself follow up to point 4. Then drain the water out, mix the mulch with PVA glue, shape over the back of a bowl, leave to dry for a week. Pop out the bowl!



Watch it, do it, teach it leaflet.



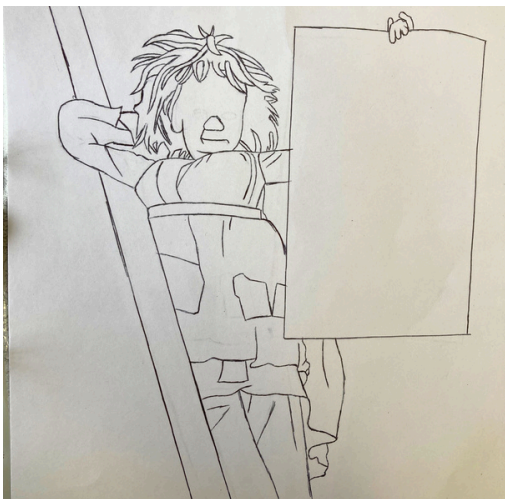


## Some of the many creative activities at Pulp Friction:

Marcus rescuing a flower bed.



Joey using the sewing machine to make bags.



Beth's drawing of a clown called Hanna.

Look out in next addition of newsletter for little sketches from Beth.



Michelle flower arranging

Nicholas making Yorkshire puddings.



That's the end of this edition.

**Look out for the next one in 2026! If you'd like to share some of your news, please get in touch.**