

FLOW* is a series of creative activities running on Sundays from 7th June through to Sunday 12th July 2026.

Based at Spott Village Hall, we will explore the Spott Burn and its surroundings through a series of walks and creative workshops.

- **Sunday 7th June** 10am-12.00 – Folk, Flora and Fauna Lore
- **Sunday 7th June** 2-4pm – Mud Balls and Earth Pigments
- **Sunday 21st June** 10am-12.00 & 2-4pm – Plant Photography Workshop
- **Sunday 5th July** 10am-12.00 & 2-4pm – From Field to Form -Nature's Imprint
- **Sunday 12th July** 10am-12.00 and 2-4pm -Mosslings Workshop

All activities are free but we will ask permission of participants to use some elements of their work in our exhibition FLOW which will be shown at John Muir's Birthplace from July to September.

To book your place and for further information please message

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*part of Sustaining Dunbar's [River Catchment Restoration project](#)



FLOW: Folk, fauna and flora lore



Sunday 7th June

10am – 12.00

Meet at Spott Village Hall for a walk along the burn

Join Henry Mathias – [Thrive Outdoors](#) Associate, to explore the glen from a new angle. The stories about plants and animals and the traditions connected with them will stimulate your curiosity and imagination. If you're feeling creative we will provide materials to capture your impressions of this environment.

Suitable for adults and children (7+). Young children must be accompanied by a supervising adult.

We will walk at a gentle pace but the ground may be uneven in places and sensible footwear is recommended.

FLOW: Mud Balls & Earth Pigments



Sunday 7th June:

2pm – 4pm

Spott Village Hall, Dunbar

Discover the Japanese art of creating 'mud balls' while exploring the rich pigments hidden in Dunbar's unique landscape.

Learn the slow, satisfying process of transforming clay and sand into beautifully polished spheres. You'll also get an introduction to creating natural earth pigments from Dunbar's distinctive coastline and terrain, then get the chance to get creative with prepared pigments.

What You'll Do:

- Learn how to make polished mud balls using clay and sand
- An introduction to creating natural pigments from the local landscape
- Get creative with earth pigments drawn from Dunbar's unique environment

Why Attend: This workshop combines mindful making with connection to place. Experience the satisfaction of working with fundamental materials while discovering the colours hidden in the landscape around you.

What to Expect: A hands-on, meditative session working with clay, sand, and natural pigments. The process is both calming and engaging, suitable for all skill levels. Your finished pieces will be part of an exhibition at the John Muir Birthplace in Dunbar.

Practical Details:

- Suitable for adults and children (7+)
- Young children must be accompanied by a supervising adult
- Wear suitable clothing and shoes for exploring outdoors and getting dirty!

FLOW: Plant Photography Workshop



Sunday 21st June:

10am – 12pm & 2pm – 4pm

Spott Village Hall, Dunbar

Discover the hidden magic where botany meets photography in this hands-on creative workshop.

Explore alternative photography techniques using plants as photographic emulsions and developers.

Try your hand at Lumen printing - a sun-powered photographic process from the 1830s - combined with Phytograms, where living plant chemistry interacts with light-sensitive paper. You'll also learn about Anthotypes - a process by which photographic emulsions are made from plants.

Watch as plant structures create colour-shifting botanical images and hidden colours on light-sensitive paper.

What You Need: No cameras, prior experience, or special gear required - just curiosity

Practical Details:

- Suitable for adults and children (7+)
- Young children must be accompanied by a supervising adult
- Wear suitable clothing and shoes for exploring outdoors and getting dirty!

FLOW: From Field to Form - Nature's Imprint



Sunday 5th July:

10am – 12pm & 2pm – 4pm

Spott Village Hall, Dunbar

Learn to capture the textures and patterns of the natural world using plaster and clay in this hands-on casting workshop.

Explore the landscape around Spott Village Hall to forage materials, before transforming your finds into beautiful botanical casts. Discover how to create small, pebble-shaped forms imprinted with delicate patterns and textures gathered from nature, that preserve your observations and discoveries from the Dunbar landscape.

What You'll Do:

- Take a short walk to forage natural materials from around the village hall
- Learn simple casting techniques using clay and plaster
- Experiment with different plants and materials to capture unique patterns, botanical imprints and textured forms

Why Attend: This workshop offers a tactile way to connect with the local landscape, learn a versatile craft skill and be part of a collective art project rooted in place and community.

What to Expect: A relaxed, beginner-friendly session working with clay, plaster and natural materials. No prior experience needed - just curiosity and an interest in making and exploring what the landscape has to offer.

Practical Details:

- Suitable for adults and children (7+)
- Young children must be accompanied by a supervising adult
- Wear suitable clothing and shoes for exploring outdoors and getting dirty!

FLOW: Mosslings Workshop



Sunday 12th July:

10am – 12pm & 2pm – 4pm

Spott Village Hall, Dunbar

Come and create "Mosslings" - small sculptural forms made from materials foraged from the local landscape.

Inspired by Scottish folk traditions, you'll transform plants, fibres, and found natural materials into tactile creations that will join a communal exhibition in July. If you wish, your Mosslings can later be returned to the landscape to nourish new growth.

What You'll Do:

- Take a short walk around Spott Village Hall to forage materials
- Learn to make cordage from natural fibres
- Explore simple weaving techniques using your foraged finds
- Create your own Mossling through guided, hands-on crafting

Why Attend: This workshop offers a chance for slow, creative making that connects you to Dunbar's landscape and heritage. Work with your hands, explore traditional techniques, and be part of a collective art project rooted in place and community.

What to Expect: A relaxed, beginner-friendly session focusing on tactile craft and working with natural materials. No prior experience needed - just curiosity and an interest in making and exploring what the landscape has to offer.

Practical Details:

- Suitable for adults and children (7+)
- Young children must be accompanied by a supervising adult
- Wear suitable clothing and shoes for exploring outdoors and getting dirty!