



# **ANNUAL PROMISES AUCTION CATALOGUE**

**2018**



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**Thursday 26th  
April 2018**

**6-9pm**

**Auction starts  
at 7pm**

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Venue:

**Moving Brands  
7-8 Charlotte Road  
London EC2A 3DH**

**[http://www.  
articulate.global](http://www.articulate.global)**





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Welcome to Articulate's annual promises auction catalogue.

Funds raised by our auction will support the charity's core work as well as developing and establishing new programmes in the UK and internationally. If you cannot attend the auction in person we would like to offer another way of taking part and supporting Articulate by buying great lots. The catalogue showcases promises that you can make a bid on, online via email as part of our silence auction

Please take a look through our catalogue and to place your bid please email [lynn@articulate.global](mailto:lynn@articulate.global). with the following details:

- . Name
- . Lot number
- . You maximum bid price
- . Your postal address
- . Telephone number
- . Email address

All online bids need to be made by 5pm on Thursday 26th April 2018.

Thank you.

Best,

Articulate team.



**The lots**

## Private 'Migrateful' Cookery Class

"Migrateful" is a cookery and language initiative where asylum seekers, refugees and migrants, struggling to access employment in the UK due to legal and linguistic barriers, teach their traditional cuisines to the public. We are offering a private class for up to eight guests.



### High tea at the House of Lords

A tour of the House of Lords with high tea. A unique opportunity to experience parts of this masterpiece of Victorian Gothic architecture not usually accessible to the public, followed by cucumber sandwiches and fancy cakes in the Lords' Tea Room.

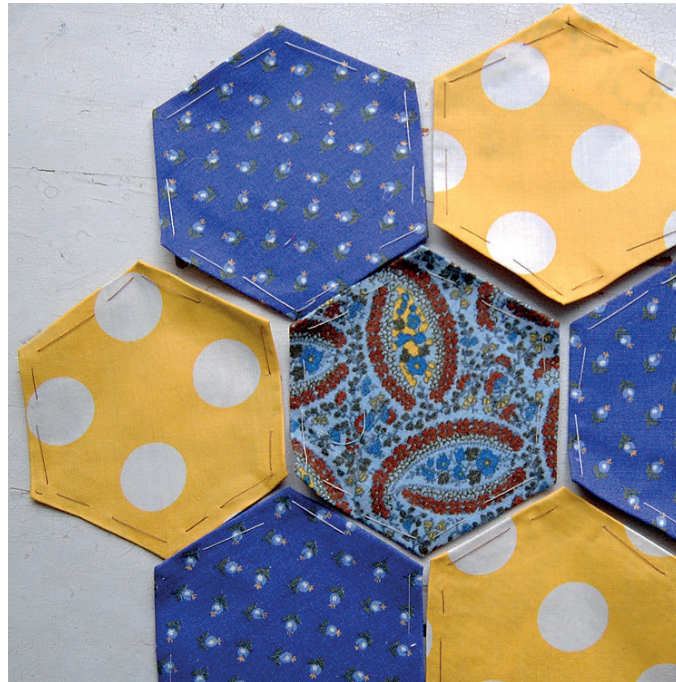


## Paper piecing patchwork workshop

English paper piecing is a traditional method of making patchwork by hand, used for shapes which are tricky to sew by machine. A great way to use spare moments creatively - you can work when chatting with friends or using public transport.

Suitable fabric will be provided, but please feel free to bring along any of your own – this is your chance to experiment with different combinations.

Sunday 20 May 2018  
Time: 10.30 – 16.00



## De-stress and relax with 5 Hatha yoga classes and 1<sup>hr</sup> holistic massage

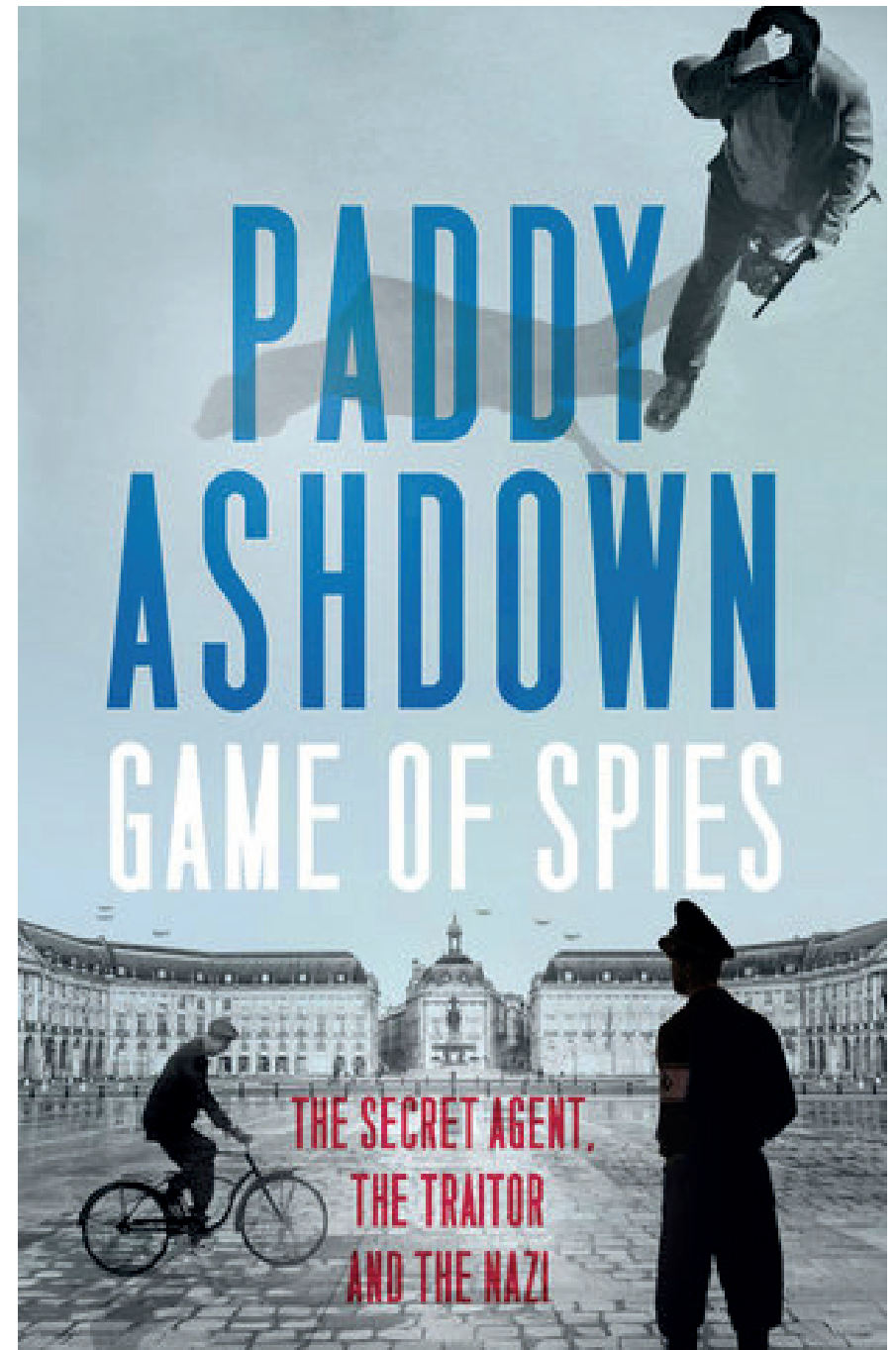
Yoga strengthens muscle, increases flexibility, alleviates aches and pains, enhances vitality and leaves you feeling refreshed and rejuvenated. If that isn't enough, we've also thrown in a decadent, hour-long massage with aromatherapy oils.

Listed by TimeOut as one of the top 10 places to practice yoga, MahaDevi is a sanctuary of peace and calm in the centre of Islington. Go on, treat yourself - and leave feeling like new.



**Paddy Ashdown  
signed book**

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Two tickets to  
'Solo for Two'  
dance performance  
by Jean Abreu

Venue (date and time TBC).

The British-Brazilian choreographer Jean Abreu has spent half of his life in Brazil and the other half in Britain. 'Solo for Two' combines these two cultures and dance languages. It focusses on how a migratory identity is created by cycles of loss, letting go and new beginnings. Two dancers, a man and a woman - two sides of the same coin - are caught in a physical struggle to find their place in the world.



## Private Plant-Based Cooking Lesson with Isabel Sachs

A bespoke cooking lesson to help you improve your eating habits with delicious plant-based recipes.

During an initial consultation, we'll discuss your lifestyle and dietary preferences. You choose three recipes you want to learn, I'll send you a shopping list and then we'll cook together in your home. The lesson will last 2-3 hours and is suitable for 1-3 people.



## Watercolour paints with signed card with written message from Floella Benjamin

Floella Benjamin is a Trinidadian-British actress, author, television presenter, singer, businesswoman and politician . She is known as presenter of children's programmes such as *Play School*, *Play Away* and *Fast Forward* in the 1980's and is an advocate of the power of creativity for children and young people, she kindly donates our watercolour paints and a personal message.



### One Hour Private Yoga Lesson with Connie Crawford

Connie is an ashtanga, vinyasa and Rocket yoga teacher, living and working in London. Whether you're new to yoga or a seasoned yogi looking to fine tune your downward dog, join Connie (an Alliance Yoga certified teacher at MoreYoga) for an hour long private lesson.

Breathe. Sweat. Reset.



## Vineyard weekend in the South of France

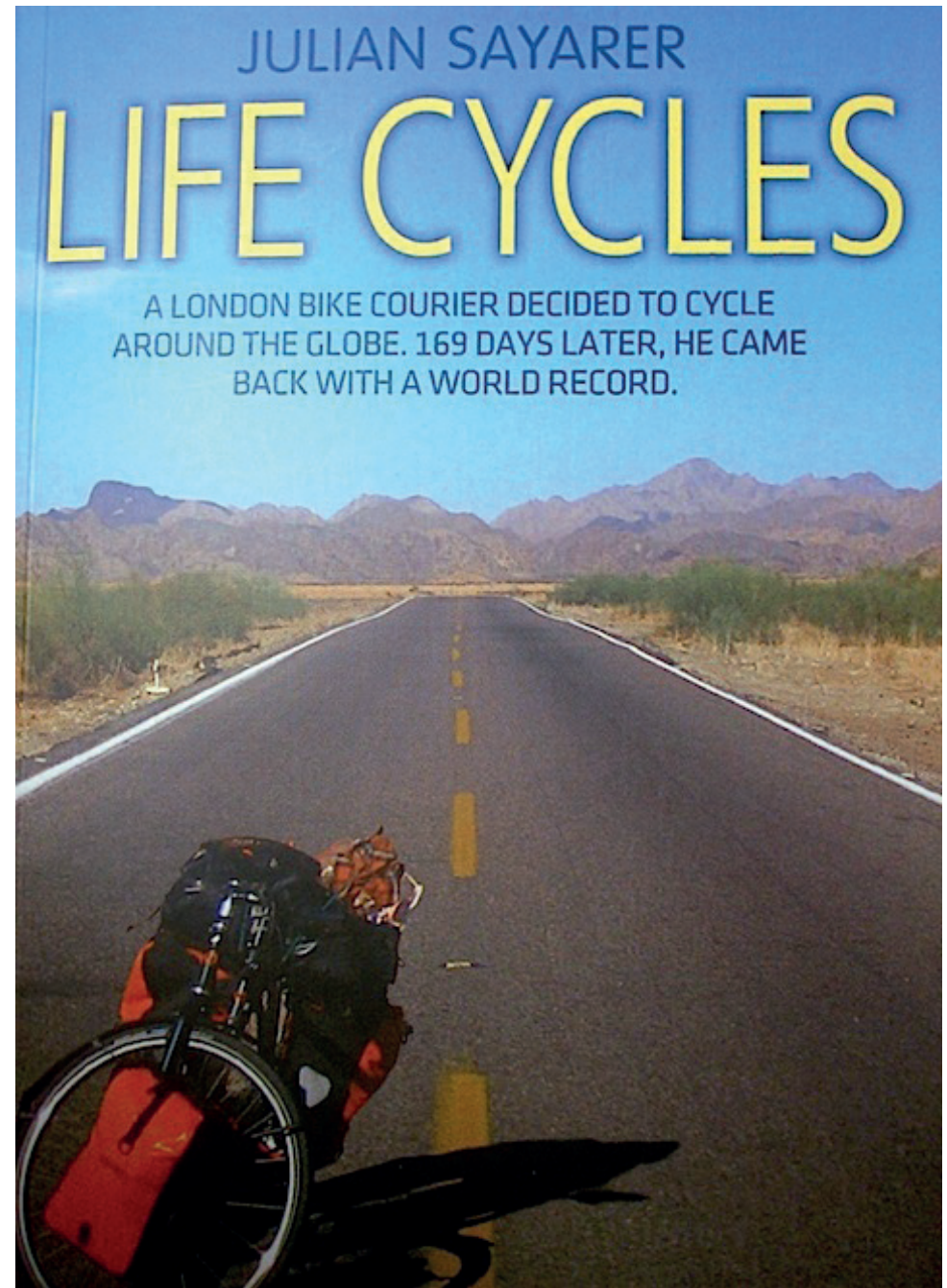
A weekend in June or September, including accommodation and all meals for a couple or two individuals. We can meet you at Bergerac airport (cheap flights from Stansted) or you can drive down and fill your boots with wine at chateau gate prices - a real bargain.

The accommodation is in our farmhouse, not luxury but comfortable. Shared bathroom! The food is a gastronomic French with pretty much unlimited wine. Your weekend can include a formal wine tasting and a tour of the vineyard - as well as working on the vines, if you choose. If you go in September, it will be harvest time. If in June, it's a naturalist's paradise with golden Orioles and wild orchids just outside the door.



**Bike ride and signed copy  
of book 'Life cycles'**

A signed copy of the first book of award-winning travel writer, Julian Sayarer. 'Life Cycles' tells the story of his record-breaking circumnavigation of the world by bicycle, an experience Julian can talk more about on your bike ride together.



## An Articulate half day Creative Safe Space

Creative Safe Spaces work as a drop-in studio where various materials are available for art-making. The facilitators do not direct how the art pieces will look or take form. Participants can share their stories, and are liberated to express themselves and feel understood and supported.

We can offer your team or the group you work with a half day Creative Safe Space.



## Three nights' accommodation in a French rustic hotel

'Le 1500' is a small group of historic buildings situated in the heart of Saussignac, a small hilltop village on the Dordogne River in South West France. Easily accessible from Bordeaux and Bergerac (airport, road, rail), and a short journey from St Emilion, where one of our beautifully styled guest rooms in the 12th century property awaits you.

'Le Cafe 1500' serves freshly prepared, largely organic fare in a beautifully rustic setting. Wander through the vineyards, work out in the gym, paddle board on the Dordogne, relax by the pool or sample the magic of our fine local wines.

Up to three nights' accommodation including breakfast, dinner for two on one of the evenings with us, and a tour of some of the local vineyards.

