



Creative Workshops

An innovative approach to team
building and employee wellbeing

<https://shupholstery.co.uk/>

Certified



Corporation



Create with Purpose	1-2
Tangible Returns on Your Investment	3-4
What Makes Us Different?	5
About Emma	6
Meet the Team	7
Sustainable Upholstery	8
Half-Day Noticeboard Workshop	9
Full-Day Storage Crate Workshop	10
Full-Day Stool / Footstool Workshop	11
Half-Day Wreath-Making Workshop	12
Enhance Your Creative Experience with a Learning and Development Focus	13
Testimonials	14-16
Where They Take Place	17

Create with Purpose

Improve connection through crafting: Helping purpose-led businesses to build seamless teams with sustainable upholstery workshops

Upholstery workshops are perfect for small groups of adults seeking an indoor team-building activity that fosters communication, connection and creativity.



For colleagues who rarely spend quality time together, or are always glued to screens, it's a chance to break away from the usual routine and focus on wellbeing.

Each team member will learn how to upholster their own unique, eco-friendly piece of furniture! They'll leave with a fun keepsake that sparks positivity and inspires, along with a sense of accomplishment.



This experience is perfect for teams that include:

- Lone or hybrid workers who rarely connect in person
- Complete novices (no experience needed; everything is taught step by step)
- Colleagues working on shared goals, where strong communication and collaboration drive success
- Employees who go above and beyond, and deserve recognition



Tangible Returns on Your Investment

Leave your workshop experience with something to show for it: A personalised piece of furniture that unlocks your team's potential and aligns with their goals.

Other outcomes include improved:

Creativity – This creative experience encourages design exploration – fostering fresh inspiration and innovation.



Connection – As team members work side by side, they build stronger relationships and enhance communication.



Capacity – Experience a boost in productivity as they clear their minds through calming, mindful activities.



Confidence – Empower your workforce with renewed confidence in their abilities.

All of which leads to:

- Untapped creative talent – harnessing its full potential
- Enhanced wellbeing – driving improved performance
- Higher employee satisfaction – leading to better retention rates



What Makes Us Different?



No prep needed – Step through the door confident that every detail is handled, and all tools are ready for you.

Inclusive – This activity is appropriate for all ages (18+) and physical abilities. Ask about any special adaptations required for individual team members.

Sustainable choice – Semper Hopkins Upholstery & Interiors Ltd is B Corp™ certified and part of a global community of businesses committed to achieving high standards of social and environmental impact.

Unique venue – Our converted chapel in Scholar Green, Cheshire inspires deep feelings of calm. Disconnect with the outside world so you can deeply connect in person.



About Emma

Semper Hopkins Upholstery & Interiors Ltd was founded by wellbeing advocate Emma Semper Hopkins in June 2016 - later becoming B Corp™ certified in 2024.

Operating UK-wide from Scholar Green, Cheshire they specialise in delivering experiential creative upholstery workshops for organisations that value the mental and physical health of their employees.

Emma has a wealth of experience leading and managing high-performing teams in fast-paced environments, following her 15-year corporate career in food retail. Emma's expertise is also complemented by a Business Degree, Masters in Marketing and upholstery qualifications.

She understands the importance of creative activities, which encourage connection, innovation and overall wellbeing.

Emma is on a mission to provide organisations with these opportunities, and offers a sustainable experience that both rewards and engages all who attend.

Emma shares her story of overcoming burnout, fear, her personal journey of self-care and living a visionary life in the Amazon best-selling book 'Seen Too' - published on World Mental Health Day in October 2022.

Meet the Team



Emma Semper Hopkins
Director & Founder of
Semper Hopkins Upholstery
& Interiors Ltd
“Lover of Upholstery”



Ros Spiers King
Operations Support
“Lover of Organising”



Ian Semper
(Father to Emma)
“Chief Carpenter &
Lover of All Things Wood”



Sustainable Upholstery

We are working towards a greener and more sustainable way forward in the upholstery industry.

We responsibly source eco-friendly fabrics made from recycled materials, FSC-certified wood, and use environmentally friendly materials. We buy from local suppliers as much as possible, which further reduces our carbon footprint and enables us to support other small UK-based businesses.

The beautiful pieces of furniture that are made in our workshops are built to last. We use high-quality materials that withstand wear and tear over time - reducing the need for replacements.

We are on a mission to empower individuals with skills so they can re-upholster their own furniture or second-hand pieces - giving them a new lease of life. This reduces waste and the demand for new furniture production.

Half-Day Noticeboard Workshop



Participants will learn how to upholster their own unique and eco-friendly noticeboard which can be used as a vision or display board (theirs to take home). A range of coloured fabrics and buttons to personalise design; afternoon tea; and hot and cold drinks at our workshop are all included.

Duration: Three-and-a-half hours from 9.30am-1pm (times can be altered to accommodate your needs). There is also the option to extend your half-day workshop into a full day – building in time for strategic planning following the creative play session. Workshops take place Monday to Friday.

Description	Price	Discount for CIC or Charities
Noticeboard Workshop	£1,800 group of 12 (equivalent to £150 per person)	£1,440 group of 12 (equivalent to £120 per person)
Extend your day - Noticeboard Workshop + full day room hire	£2,000 group of 12 (equivalent to £167 per person)	£1,600 group of 12 (equivalent to £133 per person)

Groups of up to 16 can be accommodated; an additional per person price is added to cost.

Full-Day Storage Crate Workshop



Participants will learn how to upholster their own unique and eco-friendly storage crate stool for practical storage and seating (theirs to take home). This is the perfect reward and recognition activity, or ideal for team bonding.

A range of coloured fabrics and buttons to personalise design; afternoon tea; and hot and cold drinks at our workshop are all included.

Duration: Six-and-a-half hours (usually from 9.30am-4pm, but times can be altered to accommodate your needs). Workshops take place Monday to Friday.

Description	Price	Discount for CIC or Charities
Storage Crate Workshop	£2,340 group of 12 (equivalent to £195 per person)	£1,872 group of 12 (equivalent to £187 per person)

Groups of up to 16 can be accommodated; an additional per person price is added to cost.

Full-Day Footstool / Stool Workshop



Participants will learn how to upholster their own unique and eco-friendly footstool or stool (theirs to take home). This is the perfect reward and recognition activity, or ideal for team bonding.

A range of coloured fabrics and buttons to personalise design; afternoon tea; and hot and cold drinks at our workshop are all included.

Duration: Six-and-a-half hours (usually from 9.30am-4pm, but times can be altered to accommodate your needs). Workshops take place Monday to Friday.

Description	Price	Discount for CIC or Charities
Footstool / Stool Workshop	£2,340 group of 12 (equivalent to £195 per person)	£1,872 group of 12 (equivalent to £187 per person)

Groups of up to 16 can be accommodated; an additional per person price is added to cost.

Half-Day Wreath-Making Workshop



A wonderful way to begin the festive season in style, join us for this creative Christmas Wreath-Making Workshop. You will create your own large fresh Christmas door wreath - including a variety of foliage. You can choose to add decorations to personalise your design.

Your experience will be made even more special as a yummy festive-themed afternoon-style tea is included.

Duration: The workshop lasts three hours. Morning sessions run from 10am-1pm and afternoon sessions run from 1-4pm Monday to Friday.

Description	Price	Discount for CIC or Charities
Christmas Wreath-Making Workshop	£948 group of 12 (equivalent to £79 per person)	£766 group of 12 (equivalent to £64 per person)

Groups of up to 16 can be accommodated; an additional per person price is added to cost.

Enhance Your Creative Experience with a Learning and Development Focus

Semper Hopkins Upholstery & Interiors Ltd are proud to partner with a range of Learning & Development specialists who can supplement your upholstery workshop experience with their training and insights – including sessions on DISC profiling, goal setting, leadership training and more. Prices start from £2,340 for groups of 12 (equivalent to £195 per person).



Book a discovery call to discuss your enhanced event needs:
<https://calendly.com/sh-upholstery/discovery-call>

Testimonials

“The Sinclair Law Solicitors team traded legal briefs for fabric shears and spent a few hours together on a sustainable upholstery team building course. A rare opportunity for the team to unite.

Semper Hopkins Upholstery & Interiors transformed their old chapel into our creative courtroom, where we crafted gorgeous noticeboards that are now evidence of our hidden talents. Who knew our team of legal eagles could be so creative?

We bonded over our staple gun fear, pondered fabric colours and shared button dilemmas as we crafted our noticeboards. Amid a beautifully presented and delicious lunch, we shared lots of smiles and laughter, embracing the chance to step out of our legal comfort zones. This creative recess left us all feeling energised and motivated - reinforcing our positive working relationships and friendships. Case closed.

A brilliant day of creativity and teamwork! A heartfelt thank you to Emma and her team for hosting this unforgettable workshop!”

Sinclair Law Solicitors



Testimonials



“I highly recommend Emma's upholstery team building courses. They are a fantastic way for teams to connect and learn about each other, whilst also learning new skills and creating something special to take away. Upholstery is very mindful, so the workshop is very relaxing. and the chapel space that Emma works from has such a ‘get away from it all’ feel. I doubt anyone would regret having taken part.”

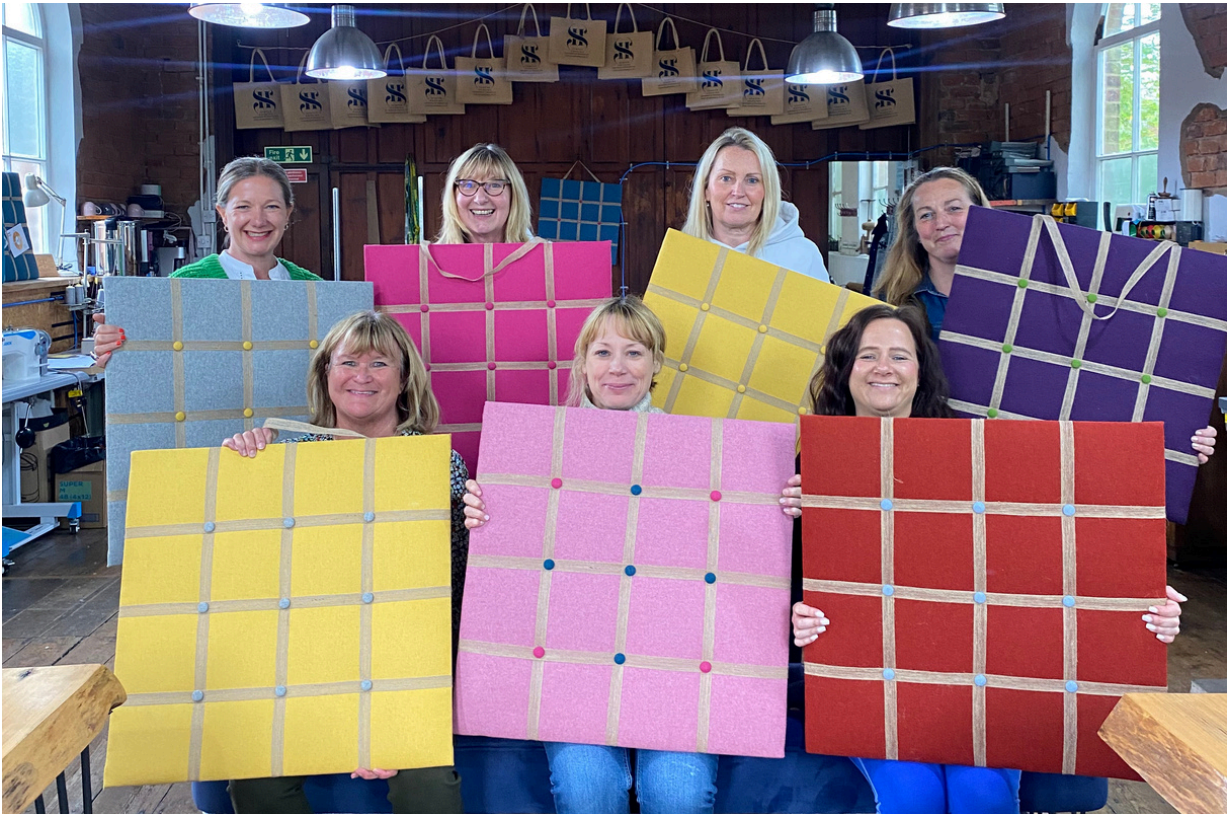
Gill Fox, The Nantwich Clinic Ltd



“Emma is an outstanding provider of high-quality workshops tailored to the development of your team’s mental health and individual needs. In a wonderful old atmospheric building, she carefully guides everyone into creative construction. Highly recommended if you or your team wish to breathe, connect and engage in a fantastic team event.”

Keith Simpson, Director at Kestrel Education Consultancy Ltd

Testimonials



“I spent an incredible morning at the stunning chapel with Emma and Ros. The atmosphere was super-relaxed and friendly, and the hospitality was second to none. Emma and Ros had such a lovely way of teaching and demonstrating the skills to us. It really gave me the confidence to give it a try, despite not being a very creative person. I was so pleased with the end result of my notice/vision board; it is stunning. The organisation and advanced prep that had gone into the workshop meant that everything flowed so seamlessly (no pun intended!) and made the experience incredibly relaxed and enjoyable. I wouldn't hesitate to recommend Semper Hopkins to anyone. If you give one of their workshops a try, I can promise you won't regret it! Thanks Emma and Ros.”

Nicola Marshall, Chief Officer at Knutsford Together

“I attended a wellbeing upholstery workshop in July 2024 with a group of charity leaders in Cheshire. We had the best day with Emma and each made a fabulous 'pin board' to take home. I would thoroughly recommend Emma and can't wait to go back.”

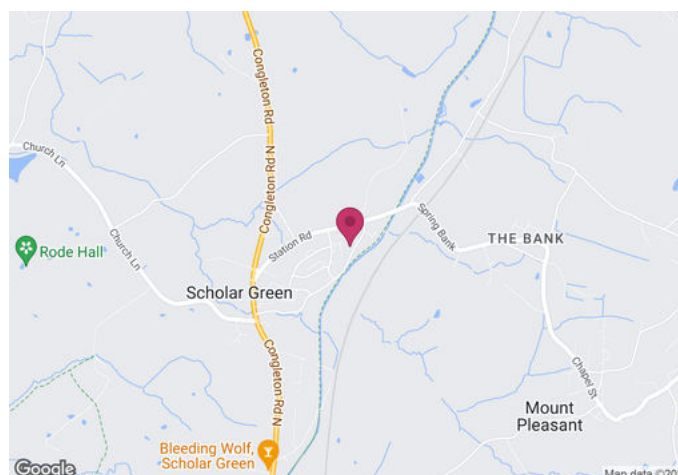
Jill Maher, Business Connector at Cheshire Connect



Where They Take Place

In-person workshops and team building days can take place at our premises in Scholar Green - a beautiful converted chapel in the Cheshire countryside (postcode ST7 3HR, located 10 minutes from J17 of M6).

Alternatively, if you can't come to us, we can come to you (the event space will be at an extra cost to organiser). This option is available for the Half-Day Noticeboard Workshop. The room will need to have a workspace for participants to make their furniture. These requirements can be discussed in the booking process.





Are you ready to take the next step to provide your employees with an innovative and exciting team-building event or wellbeing activity?

Book a call to discover how our workshops can reward and engage your employees with creativity.



<https://shupholstery.co.uk/team-building/>

Email: hello@shupholstery.co.uk

Telephone: 01260 609021