Wellbeing X Workshops Arts Events X Exhibitions Training X Volunteering

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SHOP



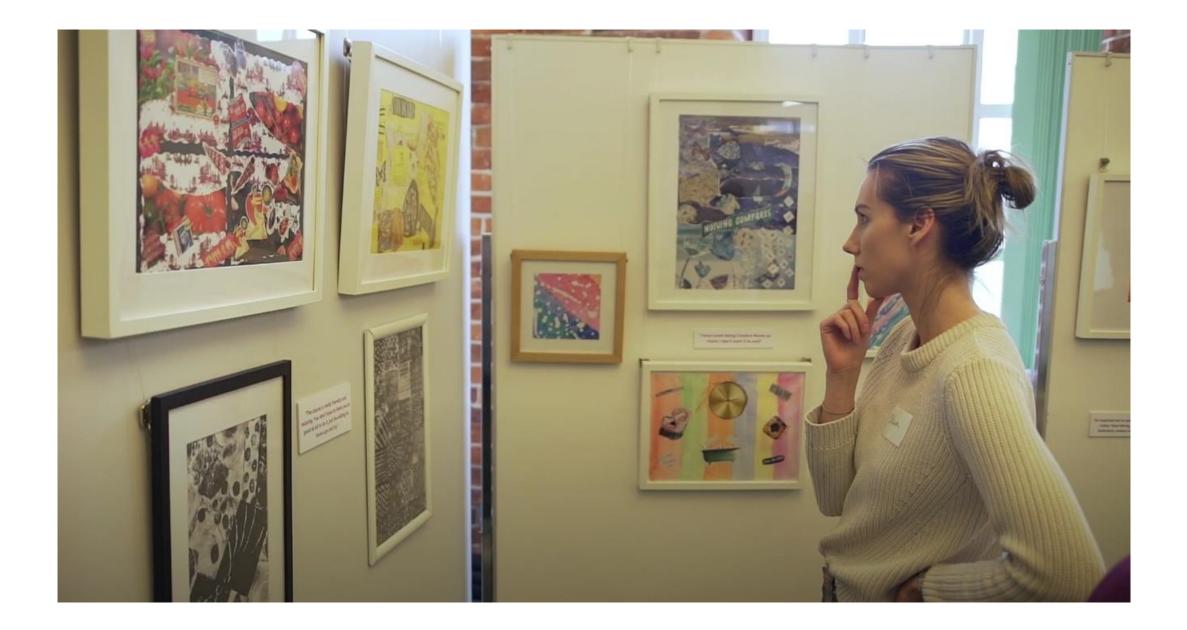
"When I first came in I didn't speak, I don't think I opened my mouth. On this 8<sup>th</sup> week I've written a song and I've stood up infront of people I don't know and I've actually sang this song...I couldn't of even imagined me ever doing anything like that but it's inspired me. I've come a long way, even I can see that"



"It's shown me that one artwork can be turned into fabric, cards and and it's all different. It's what I've always wanted to do since I was a kid, something with artwork and it's given me that feeling of ' yes you can do it!'"



"inclusive, inspiring, restorative"









Our offer to the public: Courses and workshops for adults Saturday Art Clubs Exhibitions & events Gallery café space Drop-in art activities A warm welcome.....

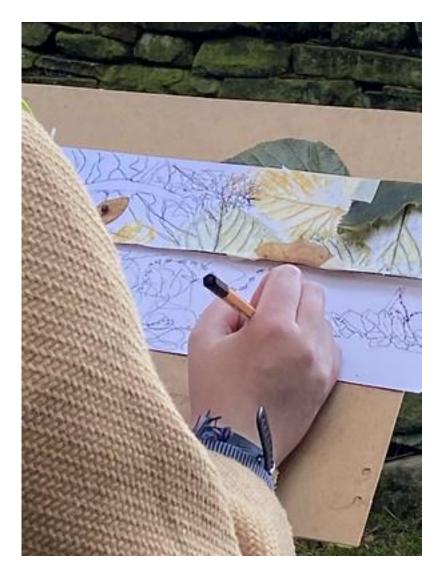






## Arts and Health Week October 2022







Shared experiences Learning new skills Expression & communication Connection, a sense of belonging

Self-esteem & confidence

Feeling a sense of achievement & pride

Being able to problem solve

Having fun!





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