



Arc Centre  
Hat Works  
Stockport  
SK3 0EU

Wellbeing ✿ Workshops  
Arts Events ✿ Exhibitions  
Training ✿ Volunteering

**Arc-Centre.org**

☎ **0161 480 7731**

✉ **info@arc-centre.org**



**Meet**

**Learn**

**Create**

Hat Works

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 in front 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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