

Course/Group title :Project eARTh

Environmental Arts and Health

Description of the course (including the number of sessions)

This is an exciting long term arts programme, run by experienced artists and supported by mental health workers and volunteers.

A wide range of arts activities are offered , often involving a project linked to the community, from mosaics to felting, sculpturing wood and willow, poetry, music, pottery, etc.

(No previous art experience is necessary).

Dates & times

Runs weekly, mainly during term times.

Mons: 12.30-15.00 Buxton,

Thurs: 10.30-13.00 New Mills

Venues

Fairfield Community Centre, Buxton, SK17 7PE

Spring Bank Arts Centre, New Mills, SK22 4BH

Benefits of attending the course (as said by participants!)

- Meet new people and an opportunity to get out of the house!
- Join a group in which you are listened to and supported
- Have fun together
- Be creative
- Learn new skills
- Build confidence
- Express yourself
- Share Experiences
- Feel pride in your achievements
- Improve the local environment

Available to:

For people in the High Peak aged 16+ and are experiencing any form of mental distress.

How to book a place:

You can self refer by contacting High Peak Community Arts on 01663 744516 or www.highpeakarts.org

Or discuss with your Mental Health worker

To be included in which section: Keeping Well



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www.derbyshirehealthcareft.nhs.uk

