



Creative Wellbeing Courses Nov / Dec 2020

Over the last few months **Creativity Works** creative wellbeing projects have been meeting people outdoors and capturing the autumn rays, socialising online and being creative together which has had huge benefits. Inspired by the people we work with, our artists and volunteers we can offer you a variety of ways to be creative at home and out and about. We are using Zoom, Facebook, WhatsApp, have online exhibitions, posting Art Kits and Wellbeing Packs and where possible meet face to face in parks, café's and venues.

Please join us for some new projects that are running this autumn and winter. We look forward to meeting you in our friendly, fun and sociable sessions. We aim to help you stay creative, connected, learning new skills at home and being inspired by what's around you.

Here's what's coming up:

1. Journaling for Wellbeing Taster session – online via zoom - 25th Nov
2. Get Creative – online creative session - 1st Dec
3. Get Creative - face to face session after lock down – 8th Dec
4. Journaling for Wellbeing 2021 – 6-week course - online via zoom
5. Writing for Wellbeing 2021 – 5-week course – online via zoom

Who are these sessions for:

Residents of Bath & North East Somerset that feel isolated or would like to support their wellbeing and mental health through participating in creativity and developing creative skills. No previous experience necessary. There is no specific mental health support within these classes but they are supported either by artists, volunteers, Creativity Works staff or museum staff.

Booking:

All courses and sessions need to be booked for in advance – please follow the links below. For further information about any of these courses please get in touch.

JOURNALING FOR WELL-BEING

With Multi-Media Artist, Jill Carter
Taster Session 10.30am – 12 noon
Wednesday 25 November 2020



Wednesday being the day that...

Take a peek into the world of creative journaling! Discover how we can connect with ourselves and others through the process of writing, drawing, doodling and collage. You will need paper, some marker pens, and a found portrait, maybe of yourself or someone else, maybe a glue stick and scissors, if to hand.

Following the Journaling for Wellbeing taster session there will be a subsequent 6-week course on Wednesday mornings 10.30am - 12 noon January and February 2021. Contact us for details.

To enrol on this course email: stacey@creativityworks.org.uk

Creative Wellbeing Projects online and face to face supported by Creativity Works
For more information contact Philippa Forsey, Creative Wellbeing Manager,
philippa@creativityworks.org.uk 07715 382 877

Creative Wellbeing Courses Nov / Dec 2020

Get Creative

With artist Barbara Disney

Art taster sessions

Tuesdays 1.30pm – 3pm

Dates:

1st December - online via zoom

8th December - face to face at Mulberry Park Hub, Bath

From January face to face



Come and join our peer led art sessions with a friendly group of adults that aim to support people who feel socially isolated or face challenges with mental health and well-being.

We explore different art techniques and new skills. Two taster sessions will take place in December. Continue with us in January face to face, (Covid dependent). We meet in a fantastic indoor venue with large terrace, café and car parking.

Contact Philippa for more details and to book: philippa@creativityworks.org.uk / 07715382877

Supported by the Lark Trust and Creativity Works.

Keynsham Snap & Stroll for residents of Keynsham locality

A fun, inspiring photography group who normally meet face to face. Since lockdown they inspire each other via face book page sharing their photographs. This month join them at home. Here are their prompts to inspire you:

Letter 'W' is white, waiting, water, writing

Letter 'Y' - Yourself – how are you area looking after yourself during lockdown.

If you'd like to share to your photo's do send in your photos or for more information about joining a photography group please get in contact with philippa@creativityworks.org.uk

Creative courses for the New Year 2021

JOURNALING FOR WELL-BEING

6 week course

With Multi-Media Artist, Jill Carter

Wednesdays 10.30 am – 12 noon

Dates: 20, 27 January, 3, 10, 17 & 24 February 2021

First, I have to find...



Explore the art of rediscovering yourself through creative journaling! Enjoy writing, drawing, doodling and mixed media collage, inspired by Self, life events, place, journeys both real and imagined, curious findings, and imagined possibilities.

Creative Wellbeing Projects online and face to face supported by Creativity Works
For more information contact Philippa Forsey, Creative Wellbeing Manager,
philippa@creativityworks.org.uk 07715 382 877



Creative Wellbeing Courses Nov / Dec 2020

Discover ways to mindfully, playfully and poetically connect to yourself and others, developing creative expression, confidence and reflective insight. Have fun transforming worries, everyday nonsense and challenging goings on, with diary, drawings and drama, creating your very own, less than perfect, unique journal pages.

To enrol on this course email: stacey@creativityworks.org.uk or Philippa for details 07715 382 877

.....



Writing for Wellbeing

5-week course

With Christina Sanders

Dates: tbc

Develop your confidence using writing and journaling to support health and wellbeing. This course will use playful, constructive and focused techniques to help you explore and use your imagination and manage your moods.

Email Philippa@creativityworks.org.uk if you are interested to take part and for further information contact 07715 382 877

.....

Please do get in touch about these projects. We look forward to hearing from you.

You can also sign up to receive our monthly newsletter updates to hear what's going on via our website www.creativityworks.org.uk