



Creativity for Wellbeing

These courses are for anyone in Mendip who are feeling isolated, and are struggling with poor wellbeing or mental health. The aim of the projects is to have fun, to keep your mind active, and for you to connect with others in your community.



Photography *A Journey to Wellbeing with Adrian Wyatt*

This 6 week course will offer and share ideas for using photography as a personal journey to wellbeing in a community.

Suitable for any experience or none, using equipment you have access to, anything from phones, tablets to cameras.

Thursdays; 24th September, 1st, 8th & 29th October, 5th, 12th November, 10.30am – 11.45am



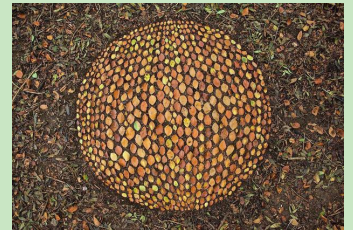
Wild Art at Home

Using natural materials to create simple but beautiful art

You will benefit from being creative and become more familiar with the natural materials around us, using natural materials to create simple but beautiful art.

Doing this in the company of others will ensure we get the support and encouragement that makes it happen.

Thursdays; 1st, 8th, 15th, 22nd, 29th October & 5th November, 2pm - 3.30pm



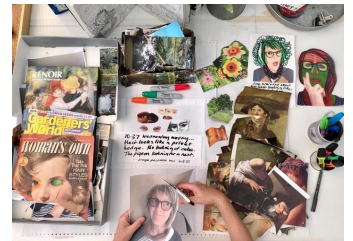
Journaling for Wellbeing

The Art of Being Curious with Jill Carter

Have fun creatively connecting through the process of journaling.

Discover how to reflect and visually transform worries and goings on, sharing our real and imagined worlds with nonsense diaries and expressive drawings.

Thursdays; 6th, 13th, 20th & 27th October, 3rd & 10th November 10.30am - 12noon



Creative Writing *with Writing Space*

This course will help you to connect with your creativity and learn simple ways to write inspired by the world around you.

No prior writing experience necessary, all levels of writing welcome – Come and give it a try.

Mondays 19th & 26th October, 2nd, 9th, 16th & 23rd November; 10.30am – 12.30pm



The Creative Home

Visual Arts Course with Barbara Disney

A fun exploration of art techniques using materials you are likely to have in the home, from packaging to the contents of your kitchen cupboard.

Suitable for anyone who enjoys making things, as well as those who haven't made art since they were very young but would like to give it a go.

Mondays; 19th & 26th October, 2nd, 9th, 16th & 23rd November 2pm - 4pm



Joining details

These sessions will take place online using Zoom. We will send all information on how to join us when you book.

Booking details

To book your place please visit our website or search for **Creativity Works** on **Eventbrite**.

Supported by:



Supported using public funding by
ARTS COUNCIL ENGLAND
LOTTERY FUNDED



www.creativityworks.org.uk

Creativity Works, Leigh House, 1 Wells Road, Radstock. BA3 3RN
Registered Charity No. 1075812 Company No. 3768255