



## Creative Wellbeing Projects August to November 2021

Stay creative, connected, learn new skills and be inspired by the world around you. Join us on a taster session, start a new creative wellbeing course or join a creative peer led group.

We look forward to meeting you online or face to face in friendly, fun and sociable sessions. Free for B&NES residents. All places need to be booked in advance. See contact details below.

### Overview of Creative Wellbeing Projects:

- 1. Creative Sketchbooks - taster session 17<sup>th</sup> August 1.15pm – 3pm outdoor session with Karen George and the Get Creative group at Alexandra Park, Bath**
  - Explore mark making and textures inspired by natural forms. Bring pencils, pens, paper
  - To book a place contact: [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) Phone: 07517 110612 or
  - Sign up and book through this online Survey link: <https://conta.cc/3Ac1Za4>
  
- 2. Two Mindful Walks: Keynsham High Street Explorations Project: 24<sup>th</sup> August with Adrian Wyatt**
  - **Morning session:** 10am – 12 noon - Meet at Temple Canteen, High Street, Keynsham.
  - To confirm your Free place on the **morning Mindful Photography** event please book through this online Survey link: <https://conta.cc/3f3LIRC>
  - **Afternoon session:** 1pm – 3pm – Meet at Temple Canteen, High Street, Keynsham. This is for those less mobile and will take in two close locations.
  - To confirm your Free place on the afternoon Mindful Photography short walk event please book through this online Survey link: <https://conta.cc/3BP2vMO>
  
- 3. Creative Sketchbooks – 4 week course with Karen George and the Get Creative group**
  - Tuesdays from 1:30 to 3pm 21<sup>st</sup>, 28<sup>th</sup> September, 5<sup>th</sup> and 12<sup>th</sup> October, The Hub, Foxhill and livestreamed online for those that can't make face to face.
  - Explore patterns in nature using a range of different materials and techniques.
  - To book contact: [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) Phone: 07517 110612 or
  - Sign up and book through this online Survey link: <https://conta.cc/3jk6l2l>
  
- 4. Wellbeing Wanderers – Snap and Stroll - 6 week course Wednesdays 2 – 4pm starting 29<sup>th</sup> September, Creativity Works in partnership with Bath Preservation Trust**
  - Come and explore Beckford's Landscape and find out more about Beckford's Tower. Bring your phone or camera to create images of the landscape. Wear outdoor clothing.
  - Contact Jaq: [jaq@creativityworks.org.uk](mailto:jaq@creativityworks.org.uk) 07912 880056
  - Sign up and book through this online Survey link: <https://conta.cc/3ChwZHq>
  
- 5. Writing For Wellbeing – 4-week online course – Mondays 2 – 4pm Taster 4th October**
  - 4-week course: 18th, 25th Oct, 1st, 8th Nov
  - Contact [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) Phone: 07517 110612
  - Sign up and book through this online Survey link: <https://conta.cc/3lvo7Yl>

**Creative Wellbeing Projects online and face to face supported by Creativity Works**  
**Sign up to receive our monthly newsletter updates via our website [www.creativityworks.org.uk](http://www.creativityworks.org.uk)**  
**For videos to inspire your creativity visit Creativity Works Youtube channel: [creativityworks4](https://www.youtube.com/channel/UCvYvYvYvYvYvYvYvYvYvYvY)**



## Creative Wellbeing Projects August to November 2021

### Creative Peer led Groups

Run by members for the members and usually meet weekly

#### Writing Space – Tuesdays 2pm – 3.30pm

- This friendly group meet indoors in central Bath and online via zoom on alternate weeks.
- For people of all writing skills. This is a sociable group who enjoy fun sessions to develop and share ideas. Each session is led with many suggestions to inspire you.
- You can receive the Writing Space newsletter if you can't make the sessions.
- **Contact Karen:** [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) **Phone: 07517 110612**
- Sign up and book through this online Survey link: <https://conta.cc/3xzqQTD>

#### Get Creative art group - Tuesdays 1.30pm – 3pm

- Meeting at The Hub, Foxhill, Bath, and meet us online if you cannot make it to the venue.
- We explore different art techniques, develop new skills and plan sessions together. Facilitated by Creativity Works volunteers and occasional visiting artists.
- **Booking essential: Contact Karen:** [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) **Phone: 07517 110612** Sign up and book through this online survey link: <https://conta.cc/2WMdUwG>

#### Keynsham Snap & Stroll – 10am to 12 noon 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month

- No experience necessary or fancy camera required! Bring camera or phone, appropriate clothing for weather and an open mind, meet new people and enjoy snapping and strolling
- A local wellbeing photography group explore in and around Keynsham and further afield. This friendly group offers opportunities to discover new ways of seeing.
- Meet at Keynsham Memorial Park. Supported by Bath Mind Contact Becky 07538 113 890
- Sign up and book through this online Survey link: <https://conta.cc/3u7PtW1>

#### Keynsham Snap & Stay - 10am – 12 noon 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month

- Meet at One Community Trust staying in one locality – suitable for anyone less able to walk.
- Sign up and book through this online Survey link: <https://conta.cc/3iWLQ17>
- Contact Creativity Works [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) or Supported by Bath Mind contact Becky 07538 113890

#### Happy Snappers - Thursday mornings 11am to 1pm.

- A small gathering of people enjoying a gentle walk, exploring various interesting spots in and around Bath. No experience necessary or fancy camera required! An upbeat and laid-back supportive group. Meet at St. Andrews Church, Foxhill.
- Supported by Bath Mind – to book contact Becky 07538 113 890

#### Book in advance essential:

Contact Karen [karen@creativityworks.org.uk](mailto:karen@creativityworks.org.uk) 07517 110612 or

Philippa 07715 382 877 [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk)

or for **enquiries via AWP services** Jaq: [jaq@creativityworks.org.uk](mailto:jaq@creativityworks.org.uk) Phone: 07921 880056

or Becky at Bath Mind 07538 113890

**Creative Wellbeing Projects online and face to face supported by Creativity Works**

**Sign up to receive our monthly newsletter updates via our website [www.creativityworks.org.uk](http://www.creativityworks.org.uk)**

**For videos to inspire your creativity visit Creativity Works Youtube channel: [creativityworks4](https://www.youtube.com/channel/creativityworks4)**