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Creative Wellbeing: Online meet-ups



Join Arts Programme Manager Anna Shiels for an online Creative Wellbeing session every Tuesday at 3pm. These facilitated sessions are based on the **5 Ways to Wellbeing** and are suitable for anyone whatever their previous art experience. Sessions are ideal for anyone who is struggling with anxiety or low mood in this difficult time.

Free to take part. No specialist materials needed.

Take some time out for yourself

Enjoy some mindful creative activity

Slow down

Connect with others

Learn creative techniques to do at home

You will need:

- › A piece of paper and a pencil (a biro and the back of an envelope will do if that's all you have!)
- › A computer, iPad or laptop (or you can use a mobile phone with internet access)
- › To download Zoom which is free (<https://zoom.us>)

Specialist art materials are optional.

Expect to use various bits and pieces from around your home.

To find out more and receive an invitation email: Anna.shiels@bcpcouncil.gov.uk

You can see some of the artwork created by our Creative Wellbeing group in our [Wellbeing Gallery](#)

Find us 

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