



Freeport RSGA-AZRX-JCTX
Arts on Prescription
Arts and Minds
Eastern Court
182 - 190 Newmarket Road
Cambridge
CB5 8HE

ABOUT US

Arts on Prescription is a new service from local charity Arts & Minds, the Cambridgeshire and Peterborough Foundation for the Arts and Mental Health.

Our vision is to help everyone throughout Cambridgeshire and Peterborough with mental health issues to live happier, more creative lives by providing opportunities for them to engage practically in the arts.

www.artsandminds.org.uk

WHAT PEOPLE SAY ABOUT ARTS AND MINDS

"It is an introduction to interesting new activities, things we haven't done before, didn't think we could. The social side is important – we meet people with the same symptoms, make friends, share experiences – laugh! We don't want it to stop."

"We have lots of fun. Of all the work I do these workshops are what I enjoy most."

**FREE CREATIVE
WORKSHOPS FOR
THOSE EXPERIENCING
MILD TO MODERATE
DEPRESSION, STRESS
OR ANXIETY**





**IF YOU'RE FEELING DEPRESSED,
ANXIOUS OR STRESSED, ARE OVER
18 AND LIVE IN CAMBRIDGESHIRE,
THERE'S A NEW SERVICE THAT MAY
BE ABLE TO HELP YOU.**

Research shows that taking part in arts activities can help to promote well-being, by offering a chance to relax and concentrate on something absorbing. Drawing, painting and writing can offer a distraction from feelings of anxiety and distress and may open up new ways of looking at life.

Arts on Prescription offers free, friendly daytime workshops in local venues where you can try creative activities including drawing, painting and creative writing. We welcome people with all levels of arts experience including complete beginners.



HOW DOES IT WORK?

A daytime workshop of approximately two and a half hours a week takes place at a choice of three different venues in Cambridgeshire. The workshops are led by professional artists and supported by a counsellor. This is not art therapy – the activities are offered simply for enjoyment and to develop new skills in a supportive group environment.

We can arrange free childcare during the sessions and can refund travel costs for public transport.

HOW DO I FIND OUT MORE?

If you are interested in taking part, please contact your GP for further information, or fill in the application form overleaf and send it back to us.

Charlotte Thompson
Arts on Prescription Project Manager
T: 07758 334 633
charlotte.thompson504@googlemail.com

Arts and Minds T: 07758 334 660

**PLEASE SEND ME MORE
INFORMATION ABOUT ARTS ON
PRESCRIPTION (CAMBRIDGESHIRE)**

Name:

Telephone:

Email:

Address:

Postcode:

Where did you pick up this leaflet?

