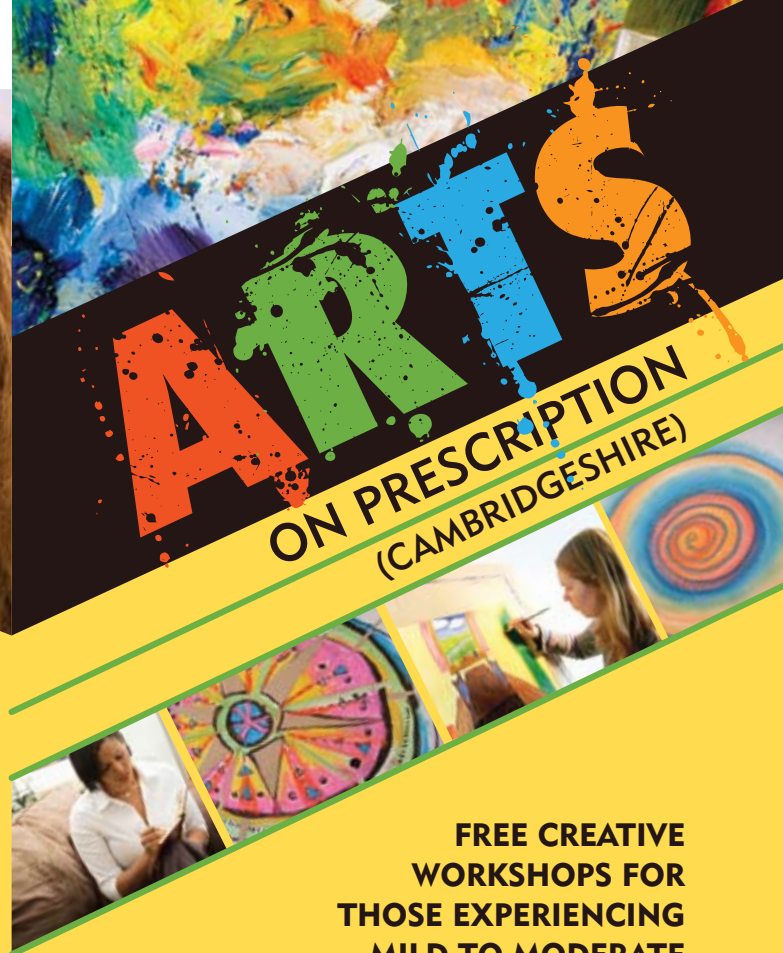


Freeport RSGA-AZRX-JCTX  
Arts on Prescription  
Arts and Minds  
Eastern Court  
182 - 190 Newmarket Road  
Cambridge  
CB5 8HE



# ARTS ON PRESCRIPTION (CAMBRIDGESHIRE)

## ABOUT US

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

We aspire to a world where people have the confidence and self-esteem to lead fulfilling lives. Our vision is to define and demonstrate a role for the arts in maintaining positive mental health by delivering high quality arts opportunities to the people of Cambridgeshire and Peterborough and support the creation of self-sustaining initiatives.

[www.artsandminds.org.uk](http://www.artsandminds.org.uk)

## WHAT PEOPLE SAY ABOUT ARTS ON PRESCRIPTION

"This is a very friendly, creative environment with just the right degree of 'push'. This class has so far reopened an interest in applied art which I will hopefully pursue to degree level at some point."

"This week's session was relaxing and with the banter (not too much!) made it lighthearted. May it continue, both the course and the banter!"

 arts and minds  
Cambridgeshire and Peterborough Foundation  
for the Arts and Mental Health

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

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Cambridgeshire and Peterborough Foundation  
for the Arts and Mental Health

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**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 range of 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.

**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.

Project Manager  
T: 07758 334 633  
info@artsandminds.org.uk

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?

