

Mental Health Outreach Team

# Creative Remedies

Arts & Wellbeing



Who we are?

Creative Remedies is a programme of arts activities that aim to improve the health and wellbeing of Warrington residents over the age of 18.



What we offer?

We offer a range of activities, which include art, digital photography, multimedia, music groups, drama class, read to relax and a badminton group. We aim to engage anyone that feels they could benefit from these groups, for some people who are socially isolated within our community, these groups have helped them to make friends and gain confidence, all whilst learning new skills in a relaxed and friendly environment.



For any more information please contact Sue Hogan or Pete Regan on 01925 443555 or email [creativeremedies@warrington.gov.uk](mailto:creativeremedies@warrington.gov.uk) or visit: [facebook.com/creativeremedies](https://facebook.com/creativeremedies)



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TIMETABLE



**Monday: Music group.** Tutor led group all instruments provided, although you are welcome to bring your own: Beginners: 10am – 11:30am Intermediate: 12:00pm – 1:30pm Advanced: 1:30pm - 3:00pm at the Pyramid Centre.

(These groups must be booked on to due to limited places, please speak to staff prior to attending about which group would be suitable.)

**Monday: Performing Arts Tutor led group.** (Drama, singing and fun games) 1:30pm – 3:30pm at the Pyramid

**Tuesday: Badminton Group - A relaxed and fun active group.** 10:30am -11:30am at Orford Jubilee Hub. Meet in main reception – equipment can be provided.

**Wednesday: Visual Arts (Painting, crafts & Drawing) .** 1:00pm – 3:00pm at Pyramid Arts Centre.

**Wednesday: Breeze in Group - Pool, Bingo & Brews!. 12.30pm – 4.00pm at St Elphins Community Hall, St Katherine's Way, Howley.**



**Friday: Photography - 10:30am – 12:00pm.** Limited equipment provided, feel free to bring your own or use your phone camera, we meet at the Pyramid centre.

**Friday: Read to relax group.** Be as interactive as you like or just sit back and be read to. 1-2pm at the Pyramid Centre

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Thanks for showing your interest and we look forward to seeing you.

