

Creative Wellbeing

a Bristol Public Health project



“the freedom to creatively express yourself seemed to chase away all the outside pressures of life”

What are Creative Wellbeing Groups?

Relaxed group sessions in local health care settings, led by an experienced facilitator.

Come along and improve your wellbeing by exploring your own creativity and learning new skills at your own pace.

The focus will be on playing with materials, being creative and having fun!

Who can be referred to a group?

Anyone wanting to improve their wellbeing & social interaction.

No previous experience is necessary.

Sessions can be particularly beneficial for people;

- with low-level anxiety/depression
- feeling isolated
- with low self-esteem/confidence,
- coping with stress, change or loss
- coping with chronic illness or pain
- who are carers

Where and when are they taking place?

At **Montpelier Health Centre**, Tuesdays 12.45pm – 2.45pm

Starting Tuesday 8th September 2015

How to get involved

Simply fill in a referral form and give it in to reception at the Health Centre or ask your referring health professional to do this for you.

The artist will then contact you and let you know when you can start.

To download a form go to:



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What Participants have to say.....

it was like being a child again!

imagine an atmosphere where everyone feels supported...yes, mutual support seems to just happen...almost as if by magic.

it was exciting and let me unwind, and develop new ideas.

an unchallenging environment where peace and quiet reigns, meaning we're free to chat while we work but, if we simply want to get on with things without conversation, that is fine too.

I never imagined that I would not be stressed and tense again.

waking up...I found myself smiling and I realized that this was in anticipation of once again being part of the art group....

the benefits to me are you're completely in a different place, not just physically but your head ... a few minutes ago I felt really hot but I focused on the (work) and calmed down, it helps me focus

I feel more relaxed here, because there is nothing expected

if I can catch the thought in time, if I'm getting panicky, I think about what I'm doing at art class, and it's a diversion from feeling worse, going into a full blown panic and being so scared. That's helped quite a few times since I started coming to class.

it brings you back into the land of the living
its escapism, you can come here and forget everything

when you're here you don't watch the clock and when it comes time to go home you don't want to go!

