

Creative Wellbeing

a Bristol Public Health project



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

creative wellbeing participant

What are Creative Wellbeing Groups?

Relaxed and friendly group sessions led by an experienced facilitator. Come along to explore and develop your own creativity and learn new skills at your own pace.

Where and when are they taking place?

At Montpelier Health Centre, Tuesdays 12.45pm – 2.45pm

Starting Tuesday September 8th 2015

Who can be referred to a group?

Anyone wanting to improve their own wellbeing & social interaction.

No previous experience is necessary.

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:

www.montpelierhealthcentre.co.uk & link to ‘Creative Wellbeing’

