

# 'An Hour a Day'

at the Bath Fresh Art @ exhibition, Bath Artists Studios

Join in FREE activity and debate about wellbeing and creativity every day for an hour or two. No experience necessary, just come along and join in!

The Gallery is open daily between 11am and 4pm

## Friday the 22nd May

**11:00 - 13:00** co|Create, **Creative Coffee**: New micro commissions for public art. Creativity Works.

## Tuesday 26th May

**13:00 - 15:00** An introduction to the **5 Ways to Wellbeing** and explore opportunities to put these into action in your life. Wellbeing College.

## Wednesday 27th May Gallery Closed

## Thursday 28th May

**11:00 - 13:00** **Hands on introduction to iPads**, Bath College - Booking required via Creativity Works

**13:00 - 14:00** **Art Therapy and social inclusion** short film & discussion by AWP art therapists

## Friday 29th May

**13:00 - 15:00** **Street Art workshop**: a hands on session of art outdoors, New Hope

**19:30 - 21:00** **Evening Cinema** – British director Lucy Walker: Waste Land & David Hockney: In the Now, Pop-Up Docs

## Monday 1st June

**13:00 - 14:00** **An overview of Mindfulness** with practical mindful techniques. Handouts provided. Wellbeing College.

## Tuesday 2nd June

**15:00 - 16:00** **Running a Rural Community Group** – Open Minds share experiences.

## Wednesday 3rd June

**13:00 - 14:00** A talk about how the **Compassionate Mind** approach is helpful in dealing with long term conditions and low mood to bring compassion into your life. LIFT, AWP Talking Therapies Team.

## Thursday 4th June

**11:00 - 12:00** **Museum collections inspiring creativity** - by Bath Museums Partnership

**14:00 - 16:00** **Making Connections** - Thinking about how much of an impact connectivity has on our sense of wellbeing and a creative session. The Care Forum.

## Friday 5th June

**11:00 - 13:00** **'The importance of creativity in ageing'** Marian Naidoo, Creativity Works

**14:00 - 15:00** **Sofa So Good**: An intervention where people are invited to talk about their personal experience of ageing. Fiona Winning, artist.

For more info email [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk) or call 01761 438852.

Keep an eye on the website for the updated timetable [www.creativityworks.org.uk](http://www.creativityworks.org.uk)



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