**"An Hour a Day"** of FREE wellbeing activities 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!

During the 2 week Fresh Art@ exhibition (22nd May – 6th June, Bath Artists Studios) there will be **"An Hour a Day"**- for debate, discussion or creative activity for wellbeing each day. From Street art to art therapy and social inclusion as well as exploration of the 5 Ways to Wellbeing and techniques of Mindfulness. No experience necessary, just come along and join in!

**Fresh Art@ exhibition** has created inspiring new art for the walls of NHS House and Hillview Lodge inpatient unit. The Fresh Art exhibition, which is part of Fringe Arts Bath (FAB), showcases artwork that has been created by people affected by mental health and inspired by workshops within the Holburne Museum and the No 1 Royal Crescent Museum supported by Avon & Wiltshire Mental Health Partnership Trust (AWP), Creativity Works, Sirona Care and Health and the Comic Relief Quartet Fund.

Fresh Art@ was the brainchild of a former service user, who came up with the idea of creating new, original, stimulating pieces of art work as a kind of 'give back' scheme.  The project this year has produced 30 pieces of artwork which after FAB will be displayed on the walls of NHS House.

Everyone involved in this project believes that creativity can make a significant difference to people’s lives by inspiring and supporting them to have fun and be creative, learn new transferable skills, improve their health and wellbeing and connect with their communities. Working with Creativity Works artists, AWP art therapists and volunteers, the Fresh Art@ projects have enabled participants to realise their creative potential, increase independence and create routes to education and employment. Projects like Fresh Art@ respond to prevention initiatives and create long-term savings in social care and health services whilst supporting people through periods of transition in their lives. Participant’s ideas are taken forward and in similar projects have enabled the set-up of new self-run creative peer support groups increasing creative community opportunities.

Fringe Arts Bath is an excellent way for participants and organisations to link into a wider network of creative and social activities in the area and gain a sense of community. Attending the events provide both stimulating and interesting opportunities and for a more intimate and engaged relationship for the artist with their audience and link to culture.

**Fresh Art exhibition and ‘An Hour a Day’ will be held at:**

* Bath Artists Studios,The Old Malthouse, Comfortable Place, Bath BA1 3AJ
* Dates Fri 22nd May – 6th June 11- 4pm Entrance FREE
* Opening times: 11 – 4pm

For the ‘An Hour A Day’ timetable visit [www.creativityworks.org.uk](http://www.creativityworks.org.uk)

For more info email philippa@creativityworks.org.uk or call 01761 438852