

# Art + Health CAFE



## Art + Health CAFE

As a part of the project Lifted, Artcore invites you to be part of a series of free health and art events.

Dates: Tues 4th, Sat 15th, Wed 26th February  
Times: 11am to 1pm

A great opportunity for those with physical, mental or learning difficulties, to have some fun, make friends, and explore the range of services available at Artcore.

Participation in various arts activities such as Memorable Mosaic making, Traditional Rangoli Patterns and many other creative activities.

- Socialise
- Health talks
- Enjoy and engage
- Network and make new friends
- Discover the range of activities available

Free refreshments available. Facilities: Stairlift, limited on-site parking

Artcore Artcore 3 Charnwood Street, Derby, DE1 2GT  
Phone: 01332 384561 Web: www.artcoreuk.com  
Email: info@artcoreuk.com

As a part of the project Lifted, Artcore organised a pilot project Art and Health Café, a series of free Health and Art events.

From Tuesday 4<sup>th</sup>, Saturday 15<sup>th</sup> and Wednesday 26<sup>th</sup> February from 11am to 1pm.

A great opportunity for those with physical, mental or learning difficulties, to have some fun, make friends, and explore the range of services available at Artcore. A place to come and spend creative time over a cup of tea. Participants explored various mediums including some traditional crafts such as Memorable Mosaic making, Traditional Rangoli Patterns. There was also an opportunity to socialise, health talks, enjoy and engage, network and make new friends. Refreshments were provided and facilities like Stair lift, and easy access.

As a result of the Lifted project funded by Awards for all, Artcore is able to provide better access to those members of the community with physical, mental health and learning

difficulties. The open days supported in creating awareness within the members of the community who may experience barriers due to health difficulties. People now know about Artcore services thus able to offer a platform for the participants to express themselves creatively, boost self-esteem and take pride in what they are able to accomplish.



More than 60 people took part over the three sessions. There was exchange of ideas and knowledge from different perspectives, experiences, cultures and backgrounds, bringing communities together therefore making a positive contribution amongst the participants involved. This project involved the community as a whole and improved community spirit.

There was a strong feedback in continuing such services for longer term where more people can take benefit of it.

