

CINDERFORD ARTSPACE

JOURNEYS

Journeys is an early intervention Arts on Prescription programme created in collaboration with NHS Gloucestershire ICS and Young Minds Matter. The programme aims to help reduce stress and anxiety and boost low mood, wellbeing and self-esteem of children and young people by enabling participation in creative activities.

Group 1 - CIRCUS

An opportunity to learn circus skills, make friends, build self-esteem and confidence. No previous experience required, suitable for 8-14yr olds.

Time: Mondays 4-5.30pm

Venue: Cinderford Artspace

Dates: 22nd Jan - 11th March (*no session 12th Feb for half term*)



Group 2 – VISUAL ART

An opportunity to have a go at arts and craft activities, make friends, be mindful, build self-esteem and confidence. No previous experience required, suitable for 8-14yr olds.

Time: Mondays 5.30-7pm

Venue: Cinderford Artspace

Dates: 22nd Jan - 11th March (*no session 12th Feb for half term*)



Places are free on a first come first serve basis and confirmed upon receipt of a referral form. For all enquiries and to request a referral form please contact: creativehealth@artspacecinderford.org