

Where and When....

The Art Course is a 2 hour weekly session and runs for 10 weeks at the Newport Mind Office.

This course is for people looking to develop their art skills and improve their mental wellbeing.

There will be a charge of 50p per person per session for refreshments and materials

How to find out more...

Contact Newport Mind for more details and how to enrol onto a 10 week course.

Newport Mind is committed to providing a quality, customer based service which has strong consistent values, has high standards of service delivery, is run in a robust way in line with the needs of the community and adheres to Mind's Quality Management in Mind Standards. We are committed to achieving equal opportunities in the services we provide.



Where We Are

Newport Mind
100-101 Commercial St
Newport
NP20 1LU

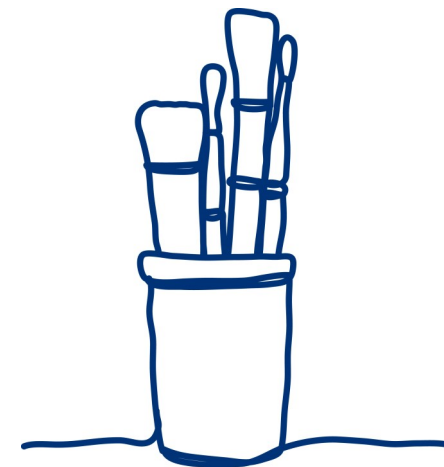


Phone: 01633 258741
Fax: 01633 257992
Web: www.newportmind.org
Email: admin@newportmind.org



Art Course

A 10 week course for people to learn new skills and develop support networks



March — May 2017

Charity Registration No. 1036964.
Registered No. 2916027.
Registered in Wales. Limited by Guarantee.

About Us

Newport Mind is a mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now.

Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

We provide support to empower anyone experiencing a mental health problem. People who use our service are encouraged to be involved in planning and their feedback helps to develop the service.

For more information about how we can support you please contact Newport Mind



Art Course

Newport Mind Activity Groups are underpinned by the *Five Ways to Well Being* and the *Recovery* process.

The sessions help people to **KEEP LEARNING** as it introduces new skills, through using different media.

The creative processes allow people to **TAKE NOTICE**. The art sessions also help people to **CONNECT** and build confidence. Through art, people are able to express themselves and use their creativity to communicate with others and create images.

Through the progression of the course participants are invited to **GIVE** by contributing art work to regular exhibitions that help to raise awareness and funds for Newport Mind

Five Ways to Wellbeing

CONNECT

Connect with the people around you, with family, friends, colleagues, neighbours. At work, home, school or in your local community. Building these connections will support and enrich your life everyday.

BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy and suits you.

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Whether walking to work, talking to friends, or eating lunch, be aware of the world around you, reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING

Try something new, rediscover an old interest. Sign up for a course, fix a bike, learn to play an instrument, or cook your favourite meal. Learning new things will make you more confident.

GIVE

Do something nice for a friend or a stranger, thank someone, smile, volunteer our time, join a group, look out as well as in. Being linked to the wider community can be rewarding and creates connections with the people around you.