

# Create and Thrive

This relaxed 8-week course is designed to support your mental wellbeing through different creative techniques. Discover the benefits of exploring your creativity in these friendly and supportive sessions. No previous experience is necessary.



**Wednesdays,**

**2pm - 4pm**

**September 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>,**

**October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>,**

**November 5<sup>th</sup>**

**Bishops Cleeve Parish Council  
Hall, (beside the library)**

**22 Church Rd, Bishops Cleeve,  
Cheltenham, GL52 8LR**

Or scan the QR code to  
express your interest

To book yourself a place  
or find out more please call  
**01452863855 /**  
**kate.cox@artshape.co.uk**



**Free Creative Health Arts for Bishops Cleeve provided by Art Shape  
in collaboration with the Social Prescribing Team at Cheltenham Peripheral Primary Care Network.**

