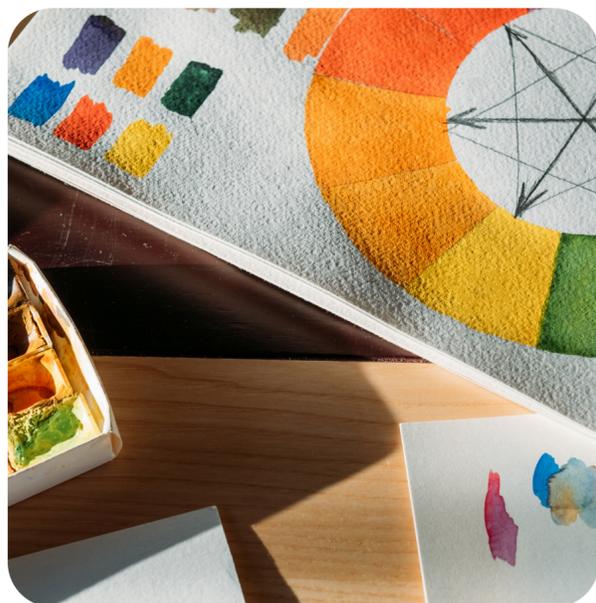


# Create and Thrive 2026

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.



**Where: Bishops Cleeve Community Building**  
**When: Wednesday mornings 10am - 12pm**  
**Dates: April 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, June 3<sup>rd</sup> & 10<sup>th</sup>**  
**To find out more please call 01452 863 855 or email [kate.cox@artshape.co.uk](mailto:kate.cox@artshape.co.uk)**

Or scan the QR code to express your interest



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

