

**'An Hour A Day' - Creative Arts, Health and Wellbeing FREE workshops at**  
the Roper gallery, Bath Artists Studios 1st – 12th June  
Booking essential – [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk) or 01761 438852  
Programme subject to change.

Please check the website nearer the event or email Philippa

Date	Time	Activity	Description
Thurs 2nd June	11.30am – 1pm	Museums and creativity: Be inspired!	Take a fresh new look at some of Bath's Museums and enjoy a practical workshop exploring paper cutting techniques, taking inspiration from some museum objects. Facilitated by members of The Gardener's Lodge Art Group, Holburne Museum and Sarah Dennis -paper cut artist.
Fri 3rd	2.30pm – 4.30pm	Creative Perspectives	Exploring creativity session delivered by Creative Perspectives group
Sat 4th	10.30am – 12noon	Spring Salad Surprises – make and take away	A practical session of creative cooking ideas delivered by Food For Thought.
Sun 5th			
Mon 6th	11am – 1pm	Lino Printing for Beginners	Creative session delivered by our Fresh Art@ worker Nat
Tues 7th			
Weds 8th	11 - 12	Living Spaces - Creating wellbeing through the home	Presentation and exercise to creatively explore your relationship with your home delivered by Living Space Consultancy
Weds 8th	1 – 3pm	Acrylic Transfer Printing	A practical session to try out this fascinating technique led by Karen George local Cam Valley artist
Thurs 9th	2 – 3pm	Psychosis Is Nothing like a badger	A video presentation and discussion about peoples journeys from psychosis to recovery delivered by the early Intervention Team, AWP
Fri 10th	All day	A Fresh Look: The art of Curation - FULL	
Sat 11th	11 – 12.30pm	Creative Writing	Writing for enjoyment - full of fresh inspiration, writing prompts and encouragement facilitated by Jen Leggo, writer and Creativity Works volunteer
Sat 11th	1.30 – 3pm	Chinese Brush Painting	A taster session delivered by Liz from the Community Learning Service