



Do you care for an older person at home?

Free online art therapy group to support carers of older people.

Adapting to the Covid 19 pandemic by offering art therapy online. After the success of our pilot groups we have been given funding to run more groups.

Why?

Health and social care services including day centres have been hugely affected by the ongoing Covid-19 pandemic. As a result, the services you once relied upon are now limited and your routines and activities have been disrupted. You may worry more about your loved ones or feel your capacity to cope has been affected. The impact of caring for someone during this past year of lockdowns and restrictions could also leave you feeling isolated.

What?

The online art therapy groups have been set up to provide emotional support and a way to connect with others in a similar situation. The art is there as a tool for self expression, anything goes whether it's a squiggle or even a collection of words. There is no charge for participants; we will provide online art therapy sessions – once a week over a fixed period – and art materials. The group will be run by two art therapists. Art Therapists are highly trained to Masters degree level in supporting people.

Who?

If you are a carer for an older person please get in touch. You do not need any experience of art at all, just a computer, tablet or smartphone and access to the internet.

When?

Starting 2pm Monday 26th April running for 10 sessions once a week, we will send you the dates.

To BOOK A PLACE or find out more, please contact Katherine Heritage (Art Therapist) at katherine.arttherapy4all@protonmail.com (You are welcome to sign up again if you did the pilot group) **Please let us know ASAP so we can send you out the art materials.**

www.arttherapy4all.co.uk