

# Artlift 2012

*"What art offers is space - a certain breathing room for the spirit"*

JOHN UPDIKE



**Creative activities to make you feel good**

[www.gloucestershire.gov.uk/artlift](http://www.gloucestershire.gov.uk/artlift)

[www.roses theatre.org](http://www.roses theatre.org)

Artlift is funded by Big Lottery Reaching Communities Fund

Artlift gives NHS patients in Gloucestershire the opportunity to take part in free art sessions to raise self esteem and sense of well being. This is an opportunity to learn new skills and meet new people in a safe and non judgemental environment.



## Textiles

**With Joanna Teague**

Come and stitch, sew, stick, knit or prod to try a whole variety of textile arts and crafts. Make a rug, bag or maybe try a collage picture using beads, threads, paint and cloth. This is a great opportunity to try new crafts or rediscover old hobbies.

**Wednesday 4 January -  
Wednesday 7 March**

12.30pm - 2.30pm  
Marina Court

**Follow on sessions for previous attendees\*:**

**Wednesday 4 January -  
Wednesday 7 March**

6.30pm - 8.30pm  
Marina Court  
£3 per session



## Mosaic

**With Karen Wones**

You don't have to be an art expert to enjoy making designs in mosaic. Karen will help you to design your work, and cut and lay the glass and ceramic tiles, enabling you to create your own piece of bold colourful artwork.

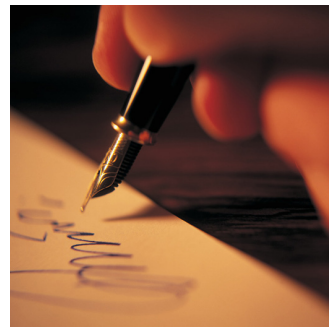
**Thursday 12 January -  
Thursday 15 March**

10am - 12noon  
The Roses Theatre

**Follow on sessions for previous attendees\*:**

**Thursday 22 March -  
Thursday 7 June**

10am - 12noon  
The Roses Theatre  
£3 per session



## Poetry

**With Brenda Read-Brown**

Whether you are a beginner or have already written some poems, these sessions are the perfect way to explore your creative side through the medium of poetry. Brenda will ease you gently past your boundaries to help you develop and improve your skills - whilst having fun and socialising at the same time. Suitable for anyone who has previously attended Art Lift.

**These sessions are follow on sessions for previous attendees\* only:**

**Monday 5 March -  
Monday 21 May**

4.30pm - 6.30pm  
Jesmond House  
£3 per session

\*Follow on sessions are subsidised by Adult Education in Gloucestershire, which means we can offer them at the reduced price of £3 per session, saving you £4.

## How To Get Involved

- Go to your GP and ask to be referred onto Artlift.
- Alternatively, request a referral form from Debora Hewlett ([assistant@rosetheatre.org](mailto:assistant@rosetheatre.org)) to self-refer, then get your form signed by a health professional.
- All referral forms need to be returned to: **Director Of Take Part, The Roses Theatre, Sun Street, Tewkesbury GL20 5NX**

For further information contact Director Of Take Part on 01684 853069 or email [tpdirector@rosetheatre.org](mailto:tpdirector@rosetheatre.org).



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in Gloucestershire**