

Arts for Wellbeing

No art experience necessary!

We are a not-for-profit community-based organisation offering Arts for Wellbeing to people with long term physical and mental health conditions.

glossop ARTS PROJECT

For more info and to enquire about joining a group, find us on Facebook or Insta, visit www.glossopartsproject.org

or email info@glossopartsproject.org



Sessions run from Victoria Hall, Talbot St, Glossop*



Adults Sessions:

Monday
1-3pm

Thursday
10:30am-12:30pm
(*at The Place Hadfield)

Friday
10am-12pm

Young People's Sessions:

Wednesday
11-14yrs 4-5:30pm
14-18yrs 6-7:30pm

14-18yr olds
Friday 12:30-2:30pm



Glossop Arts Project CIC, Victoria Hall, Talbot Street, Glossop, Derbyshire SK13 7DQ
Company Limited by Guarantee No: 10193164 (England & Wales)

Glossop Arts Project offer a variety of sessions - we call it arts for wellbeing. Its for anyone with long-term physical health conditions or who might be struggling with things like anxiety or low mood, lack of confidence or self-esteem, people who might feel socially isolated and just want a bit of time out with other like-minded people.

You can choose how much or how little you do, and we want to hear your ideas about how we can make it better - these sessions are for you!

For more information contact us at email info@glossopartsproject.org

You can also find us on Facebook and Instagram.

glossop

ARTS
PROJECT