



Blackfriars
SETTLEMENT

Creating New Opportunities Together

Mental Health and Wellbeing Service

Art? Why not?



EVERY MONDAY (CHINESE PAINTING), WEDNESDAY AND THURSDAY 1.30 – 3.30. SESSIONS ARE £20 FOR PERSONAL BUDGET HOLDERS.

COORDINATED BY PRACTISING ARTIST BILL STEWART, DELIVERED BY SKILLED VOLUNTEERS

What members say: “**Relaxing, sociable**, compare artworks, give each other pointers, learn **skills**, taking you out of yourself, **escapism**. You feel complete. **It grabs you**. You can pour it out onto the paper. It’s an energy. **Achievement. Satisfaction**. You can see the improvement. Helps conversation, we make each other **laugh**. Find out about each other. Better than a quiet group. John (Volunteer) is very helpful, very **caring**, we like him a lot.

“J talks to people now –he never used to speak to anyone and he’s started to try different things –not just splashing the paint around”.

The groups have regular exhibitions and visits to galleries and museums

Contact Mannie Onyeje on 020 7928 9521 e-mail mannie.onyeje@blackfriars-settlement.org.uk to arrange to pop in for a taste of what **Art** can do for you.