



glossop  
ARTS  
PROJECT



**FREE!**

**12 Week  
ARTS for  
WELLBEING  
Courses**

**for**

**Glossopdale  
UNPAID  
CARERS**

**CREATIVE CARERS  
COURSES &  
CREATIVE CARERS CAFE**  
**NO ART EXPERIENCE NEEDED!**



**COURSE  
STARTING  
THURSDAY 18<sup>TH</sup>  
SEPTEMBER.**

**GET IN TOUCH  
TO BOOK A  
SPACE!**

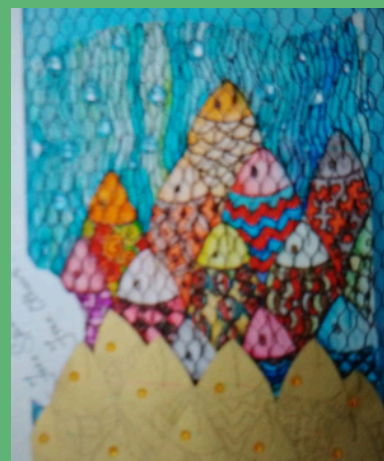
**When & Where:**

**THURSDAY MORNINGS 10 - 12**

**Glossop Central Methodist Church**

**Limited Places, you must book before  
attending. Exact dates given on booking.**

**Email: [info@glossopartsproject.org](mailto:info@glossopartsproject.org)**



# CREATIVE CARERS COURSES & CREATIVE CARERS CAFE

**What will I get out of coming along?**

**At the 12, 2 hour sessions, you will connect and get to know a group of fellow Carers and explore The Five Ways to Wellbeing:**

**Connect Take Notice Give Keep Active Keep Learning**

**This will be done through simple, but engaging Arts and Craft Activities. No Art experience is necessary and the sessions are about giving creativity a go, enjoying yourself and picking up tips for your wellbeing. The groups will be small so you can get to know each other, up to 8 Carers on each course. The course will be run by a Creative Lead, alongside 2 Wellbeing Support Workers. It will be a chance for time-out, and for those who would like to, a chance to pick-up and share ways to keep well and positive. It is hoped Carers will be able to attend without the person they care for. However, if this is not possible, we will be able to accommodate up to half of the group to attend with the person they care for.**

**The courses will feed into a Fortnightly Creative Carers Café Support Group (from January 2026) which people can attend longer-term. We have the funding for this until July 2026.**

**To find out more or to book your place please contact:**

**Jo on 07511 280 098 or  
email [info@glossopartsproject.org](mailto:info@glossopartsproject.org)**

**You can find us at [glossopartsproject.org](https://glossopartsproject.org)  
and on Facebook and Instagram**



Glossop Arts Project CIO.

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**Hconnect**  
Hospital Liaison Project

