

Creative Recovery projects at a glance...

We are a vibrant, welcoming community that meets to support each other, get creative and feel better. Here's what's happening at our gaff and out in the community.

Day	Project	Description	Venue	Contact
Monday 12noon-4pm	Recovery Through Art (volunteer led sessions)	A gathering of folk interested in sharing skills and ideas and making artwork together. Informal social.	Temperance House, Pitt Street, town centre	Helen Boutle 07833 936 019 helenboutle@blueyonder.co.uk
Tuesday 12noon-4pm	Recovery Through Art (artist led)	Structured, skill-based art sessions, individual art practise, trying new things and working on large projects as a team.	Temperance House, Pitt Street, town centre	Helen Boutle 07833 936 019 helenboutle@blueyonder.co.uk
Wednesday 5-8pm	Live Arts Café (social)	A great night out. Live music, creative art workshops and peer support. Includes a light supper. (£2 suggested donation)	Temperance House, Pitt Street, town centre	Helen Boutle 07833 936 019 helenboutle@blueyonder.co.uk
Wednesday 6-8pm	We Can Survive Singers	An uplifting singing group for people living with, and beyond cancer, and the medical teams/therapists that work with/alongside cancer patients.	St Paul's Church, St Paul's Road opposite the hospital	For more info contact Liz on 07837 652 891 or Cheryl on 07791 281 870
Thursday 2-4pm	UPLIFT Choir (Coffee Café Choir)	Make some noise with the 'can't sing, won't sing choir'. Enjoy the all-over benefits of singing with others.	St Paul's Church, St Paul's Road opposite the hospital	wearecreativerecovery@gmail.com
Ad hoc (short term)	Music and performance workshops	New music/performance workshops leading up to 'The Next Big Thing'	Temperance House, Pitt Street, town centre	wearecreativerecovery@gmail.com

Please ring before attending as there are some breaks for holidays. Eligibility requirements apply for some of these sessions. Call for more information.

Want to know more?

You can find us on the 1st Floor, Temperance House, Pitt Street, opposite the main Post Office.

Find us on Facebook @WeAreCreativeRecovery Call us on 07833 936 019 or 01226 805 885

Email us at wearecreativerecovery@gmail.com Visit our website www.creativerecovery.co.uk

