



Cinema  
Gallery  
Café Bar  
Workshop

Creative  
Wellbeing

## Wellbeing Practitioner Support Programme

**Supporting artists to nurture their own wellbeing and creativity, and deliver high quality, accessible participatory sessions with a wellbeing element.**

**Venue:** QUAD, Market Place, Derby DE1 3AS

**Dates:** Sundays 24<sup>th</sup> October – 21<sup>st</sup> November 1pm-6pm.

**Cost:** £250. £50 deposit required upon booking and remaining balance will be invoiced directly.

Bursary places available, amounts will be confirmed directly with applicants.

This programme has been developed in response to the concerns of artist who tell us they often feel unsupported, isolated, overwhelmed, stressed, unprepared or in need of inspiration.

Taking place over 5 days, the initial course will build on your skills, offering an opportunity to reflect on your practice, identify your strengths and achievements but also any changes you might want to make.

We will look at the process of creativity and how to support this within ourselves and others. Each day of the course will include a creative workshop, an opportunity to relax and enjoy a session delivered by an exemplary practitioner, then reflect on the experience from the perspective of a participant but consider the practitioner delivery.

The course will also address the foundations of delivering participation sessions – health and safety, contracts, boundaries, expectations etc. We will explore wellbeing, mental health, neurodiversity, accessibility and LGBTQ+.

By the end of the course, you will have a personal plan for your continued practice in which we hope you will feel more supported and have an improved sense of wellbeing. There will be an option to continue to monthly half-day peer-support sessions.

For more information or to book your place, please visit: <https://www.derbyquad.co.uk/CWVSP> or call Box Office on 01332 290606.



Garfield Weston  
FOUNDATION

Please contact [creativewellbeing@derbyquad.co.uk](mailto:creativewellbeing@derbyquad.co.uk) if you have any questions.