## Creating Community

Learn creative skills

Have a cuppa and a biscuit

Chill out

Boost your self confidence



Painting by a member of our group

Raise your self esteem

Exhibit your work

Make new friends

Mix with your community

## Weekly art and craft session for people with mental health issues

The Art Ministry is a long established Hadleigh based charity.

For £5 a week you can join our 2 hour art and craft session on a Wednesday afternoon from 12 to 2 all year round.

Express your creativity in a caring environment.

All materials and refreshments are provided - there's even an annual exhibition and the first session is free.

Email: contact@theartministry.org.uk or call 07582 025163

The Art Ministry, 1 Church Road, Hadleigh, Essex, SS7 2DQ

**Registered Charity Number: 1108227**