



Cultural Threads is an Arts, Health and Wellbeing programme produced and delivered by GemArts who work with professional artists across diverse art forms to help you to:

- Develop new creative skills and interests
- Have fun and connect with others
- Access networks and support to improve mindfulness, wellbeing and health.

Each art activity takes place over 6 weekly sessions, delivered via Zoom in a relaxing, supportive, friendly atmosphere.

FREE to join (15 places per activity). All art materials to take part will be provided, no prior experience required.

Poetry, Spoken Word and Expressive Writing with artist Tahmina Ali

Starting Wednesday 14 September 2022 from 10-11.30am

These fun sessions will enable you to:

- ❖ Understand how poetry can be used as a tool for expression
- ❖ Explore a range of styles and performance methods
- ❖ Develop your own creative writing style and performance skills
- ❖ Create a collective and/or individual poem



To book please follow the link below:
<https://bookwhen.com/hubwellbeingoffers>
Using passcode **GEMARTS22**

Staff
Wellbeing
Hub