

Community Art Clubs CIC

Slow-Down Art Sessions



Enjoy making art and making friends in a peaceful, calm environment.

Gentle art sessions for all, especially those who need a little extra time and quiet, perhaps due to wellbeing, physical or learning needs

For ages 13 to 113

Bunwell Village Hall 10am-12

11th May, 22nd June, 6th July, 3rd August

Suggested donation £5 per session or PWYC (Carers join in FREE)

All art materials provided plus tea, coffee and biscuits.

Contact RachelDuffieldArt@gmail.com

Rachel is a highly experienced art tutor & wellbeing champion with CPD accreditations in autism, mental health & dementia awareness and trauma informed practice

