

Arts 4
Good
Health
courses

NHS

Greater Manchester
Mental Health
NHS Foundation Trust

RECOVERY PATHWAYS

Wellbeing through Art, People and Places

Arts For Good Health

Winter

January to March 2024

Free Wellbeing Courses in Manchester



Improving Lives



Arts for Good Health

Arts for Good Health Courses are free wellbeing courses run across Manchester.

To access the courses you must be:

- Over the age of 18
- A Manchester resident (Have a Manchester GP and/or pay council tax to Manchester City Council)

How to Refer

You can be referred or self-refer to our Arts for Good Health courses. You can find our referral forms on our website or contact us by phone or email to request a form.

Contact us:

Recovery Pathways
Cornbrook Enterprise Centre
Quenby Street
Hulme
M15 4HW

Call: **0161 271 0279**

Email:

Referrals.RecoveryPathways@gmmh.nhs.uk

Website:

<https://www.gmmh.nhs.uk/recovery-pathways>



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Nature for Health



Botanical prints and book-making

The course uses nature to create prints. These prints will be used to create different paper folds, and hand-stitched, concertina and star books.

Creating artwork inspired by nature can boost our wellbeing by allowing us to slow down, connect, and unwind.

Enhance your wellbeing by being creative, connecting with others, exploring playing and experimenting with print, making decisions, letting go, building organisation and decision-making skills as well as learning something new.

Details

Date **Tuesday 9th January - 27th February 2024**

Duration **8 weeks**

Time **13.00-15.00**

Venue **Whitworth Art Gallery**

Closing date **20th December 2023**

Tutor **Tamzin Forster 0750 148 9212**

NATURAL  CULTURAL
HEALTH SERVICE

MANCHESTER
MUSEUM

MANCHESTER MUSEUM

The Whitworth

NHS

FOUNDATION TRUST

NHS

Greater Manchester
Mental Health
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Arts 4
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the Whitworth

NATURE FOR HEALTH

**Free - Connect - Skills
Wellbeing - Creativity**

No experience necessary
and all materials provided

Create prints from nature and
make a series of books using
different techniques.

8 Week

PRINT & BOOK MAKING

TUESDAYS

9 January-27 February

13.00-15.00 with break

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk

Tel: 0161 271 0279

Make a Bird Box

Learn to use a drill and other construction tools to make an RSPB approved wooden bird box.

Woodwork skills include: measuring, sanding, sawing, drilling and screwing.

We will connect with nature by learning about different garden birds and their nesting preferences. No prior experience of woodwork required. All welcome.

Details

Date **Wednesday 10th January - 31st January 2024**

Duration **4 weeks**

Time **10.30-12.30**

Venue **Studio One**

Closing date **21st December 2023**

Tutor **Kate Ulrick 0797 439 4163**





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Mental Health
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A photograph of two bird boxes on a wooden bench. One is light-colored wood and the other is painted light blue. There are tulips in the foreground. The background shows green foliage.

Arts 4 Good Health courses

Make a Bird Box

Studio One

Wednesdays

10, 17, 24, 31 January 2024

4 weeks

10.30-12.30pm

**Free - Connect - Skills
Wellbeing - Creativity**

No experience necessary
and all materials provided.

Use hand tools and learn
basic woodworking skills to
make a wooden bird box.

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk

Tel: Kate on 07974 394163

Studio One, St Andrews Church, Wythenshawe, M22 0DW

Drawing Together

This is a six week course where we will look at all aspects of drawing, doodling, mark making and sketching using a variety of different creative techniques.

The aims of the sessions are to have fun, connect with others and enjoy drawing as a way to help relax, be creative and help to improve wellbeing.

No experience is needed and all materials are provided.



Details

Date **Tuesday 16th January - 13th February 2024**

Duration **6 weeks**

Time **10:00am-12:00pm**

Venue **Brunswick Village Community Room**

Closing date **2nd January 2024**

Tutor **Stephen Davis 0777 699 4702**

Please note, this course is available to anyone over the age of 50+



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**Arts 4
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Drawing Together

**Free - Connect - Skills
Wellbeing - Creativity**

Drawing together will look at all aspects of drawing, doodling, mark making and sketching using a variety of different creative techniques.

Beginners Welcome
No experience necessary
All materials provided

Community Room

Brunswick Village

TUESDAYS 10.00am-12.00pm

A 6 week course from

Tuesday 16th January 2024 until

Tuesday 14th November 2024

For more information contact

Stephen Davis on 07776994702



RECOVERY PATHWAYS
Wellbeing through Art, People and Places

Making Space



De-stress with art, mindfulness, and nature.

People often say they can't 'do mindfulness' because they can't clear their minds of thoughts, but this is not necessary. Mindfulness is a natural human capacity, and you will have experienced many moments of mindfulness already where you were able to slow down and connect with your experience.

In this course we will try different ways to invite more mindful moments into our lives to help us cope with the stresses as well as giving ourselves space to take in and enjoy the more pleasant parts of life.

Details

Date **Tuesday 23rd January - 27th February 2024**

Duration **6 weeks**

Time **12.30-14.30**

Venue **Studio One**

Closing date **9th January 2024**

Tutor **Cathy Fortune 0743 576 3398**



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**Arts 4
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MAKING SPACE

Destress with mindfulness, art and nature

Learn how to use easy mindfulness practices in everyday life.

Use creativity to de-stress and connect with nature.

Learn simple relaxation techniques to help manage stress.

Connect with others in a small friendly group.

Tuesdays 12.30-2.30pm

6-week course

23rd January - 27th February 2024

Venue:

Studio One, St Andrew's Church,
Brownley Rd, Wythenshawe, M22 0DW

To refer email - Referrals.RecoveryPathways@gmmh.nhs.uk

For more information telephone - Cathy 07435 763398

Exploring Still Life

A three week drawing and painting course to explore methods to study 'Still Life' compositions.

In this short course, you will learn to use a viewfinder, use tone to draw the three dimensionality of objects, and understand about spatial relationships between objects within your still life.

No experience necessary and all materials provided. All welcome!

Details

Date **Wednesday 24th January - 7th February 2024**

Duration **3 weeks**

Time **10.30-12.30**

Venue **Cornbrook**

Closing date **10th January 2024**

Tutor **Elizabeth Scantlebury 0797 148 8757**





Greater Manchester Mental Health NHS Foundation Trust

Arts 4 Good Health courses

Free - Connect - Skills Well-being - Creativity

A three week drawing and painting course to explore methods to study 'Still Life' compositions.

No experience necessary and all materials provided.

All welcome!

Exploring Still Life 2024
3 week Drawing and Painting Course

Start

Cornbrook Enterprise Centre
70 Quenby Street Hulme
Manchester, M15 4HW

WEDNESDAYS

11 am -1 pm

Jan 24, 31

Feb - 7

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk

0161 271 0279

Drawing and Painting Still Life

This course is an introduction to drawing and painting from still life. You will have the opportunity to try different approaches and techniques to draw and paint objects from sight.

Participants will make a series of sketches and paintings using tone, texture and colour in a small and relaxed group. Beginners very welcome.



Details

Date **Thursday 25th January - 8th February 2024**

Duration **3 weeks**

Time **12.30-14.30**

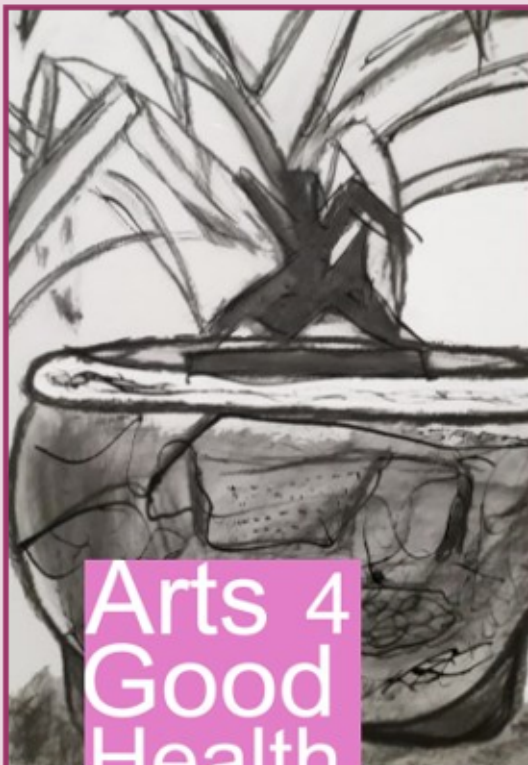
Venue **Studio One**

Closing date **11th January 2024**

Tutor **Jude Atkin 0777 336 3089**



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Arts 4 Good Health courses

Free - Connect - Skills
Wellbeing - Creativity

Introduction to drawing and painting still life in a supportive and creative environment.

Beginners welcome

Drawing & Painting Still Life

Studio One

THURSDAY

25 JANUARY -

1, 8 FEBRUARY 2024

3 weeks

12:30-14:30

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk

Tel: 0161 271 0279

Studio One St Andrew's Church Brownley Rd, Wythenshawe M22 0DW

Wellbeing Creative Photography

The course is for anyone who has an interest in creative photography. The course explores the creative side of photography through a wide range of interesting and achievable projects.

In each session you will start and finish a creative project, so you will feel a sense of achievement each time. Along with learning lots of creative camera techniques and ideas, we will also think about how photography can be used to help you relax, feel more connected to your surroundings and to others, and find interest in ordinary places. You will surprise yourself by finding and photographing things that you have never noticed before.

Each session will involve looking at photographs for inspiration and ideas, demonstrations on how to get the shots, creating your own photographs and then looking at all the photographs created by all in the group.

Details

Date **Friday 9th February - 16th March 2024**

Duration **6 weeks**

Time **10.00-12.00**

Venue **No93**

Closing date **26th January 2024**

Tutor **Simon Jones 0787 057 5219**





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The background of the top half of the page features a close-up photograph of two white daisy flowers against a clear blue sky. The flowers are in sharp focus, with their green centers and numerous white petals clearly visible. The lighting is bright, suggesting a sunny day.

**Arts 4
Good
Health
courses**

**Free - Connect - Skills
Wellbeing - Creativity**

**No experience necessary
and all materials provided**

Join us in getting creative through a range of interesting and enjoyable photo projects that anyone will be able to do.

**WELLBEING
PHOTOGRAPHY COURSE**

No93

FRIDAY 10am - 12pm

9th February 2024 start date

6 week course

Contact: referrals.recoverypathways@gmmh.nhs.uk

Tel: 0161 271 0279

DIY Skills



This A4GH course delivered by Benchmark at No93 will give the opportunity for participants to try some power tools and learn the DIY techniques often used at home.

Participants will have the opportunity to develop skills and confidence using battery drills for driving screws into different materials, and consider what fixing methods are best for different types of walls. No prior experience is required to join the course and all materials are provided.

Details

Date **Monday 12th February - 18th March 2024**

Duration **6 weeks**

Time **13.30-15.00**

Venue **No93**

Closing date **29th January 2024**

Tutor **John Baylis 0744 376 7833**



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Arts 4 Good Health courses

DIY Skills

Number 93

Church Lane, Harpurhey,
Manchester, M9 5BG.

Mondays

12th Feb - 18th March 2024

1.30-3pm

Be active - Connect - Notice

Keep Learning - Give

Learn DIY skills in a supportive and creative environment.

Enhance your wellbeing by:

- Learning new skills
 - Connecting with others
 - Trying a variety of power tools
 - Focusing on and planning DIY tasks
-

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk

Tel: 0161 271 0279

Drawing and Painting Still Life

This course is an introduction to drawing and painting from still life. You will have the opportunity to try different approaches and techniques to draw and paint objects from sight.

Participants will make a series of sketches and paintings using tone, texture and colour in a small and relaxed group. Beginners very welcome.

Details

Date **Thursday 23rd February - 8th March 2024**

Duration **3 weeks**

Time **12.30-14.30**

Venue **Studio One**

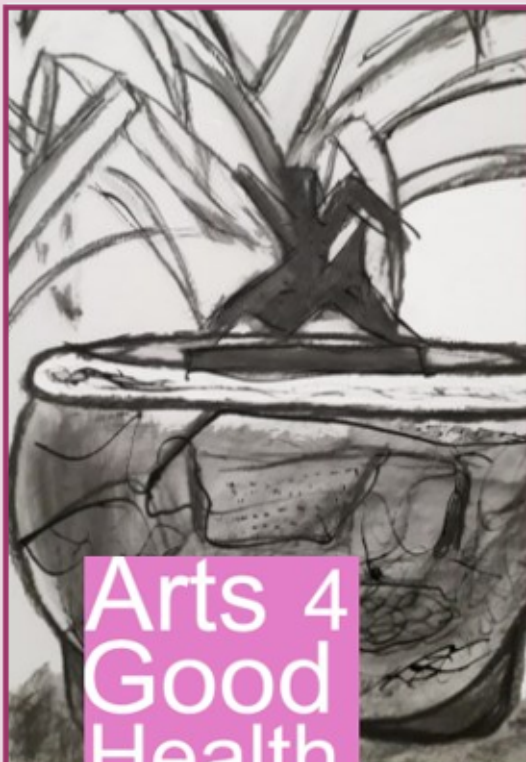
Closing date **9th February 2024**

Tutor **Jude Atkin 0777 336 3089**





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NHS Foundation Trust



Arts 4 Good Health courses

Free - Connect - Skills
Wellbeing - Creativity

Introduction to drawing and painting still life in a supportive and creative environment.

Beginners welcome

Drawing & Painting Still Life

STUDIO ONE

THURSDAY

22, 29 FEBRUARY -

7 MARCH 2024

3 weeks

12:30-14:30

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk

Tel: 0161 271 0279

Studio One, St Andrew's Church, Brownley Road, Wythenshawe M22 0DW

Create a Baby Keepsake Box

This course is open to women under the care of GMMH's Mother and Baby Services* and aims to explore the themes of legacy, connection, and bonding with baby through the creation of a unique and personalised baby keepsake box.

Participants will be encouraged to try out ceramics and sculpture-based activities such as working with clay, mosaic-making, and casting, all within a supportive environment that includes both them and their baby.

The end of the course will coincide with Maternal Mental Health Awareness Week 2024, and it is hoped that this will provide a good opportunity to share the project with a wider audience.

Details



Date **Monday 26th February to 29th April 2024**

Duration **8 weeks**

Time **tbc**

Venue **Anderson Ward or local Sure Start Centre tbc**

Closing date **12th February 2024**

Tutor **Harriet Brabbin 0777 696 2027**

*** This course is available to women under the care of GMMH Perinatal Services.**



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NHS Foundation Trust**

Arts 4 Good Health courses

**Free - Connect - Skills
Wellbeing - Creativity**

This 8-week long course will teach you a variety of ceramic skills and techniques which can be used to create a unique baby keepsake box .

No experience necessary and all materials provided.

Create a Baby Keepsake Box

**In partnership with GMMH's
Mother and Baby Service**

W/C: 26th February 2024

Running for: 8 weeks

Location: Anderson Ward or local
Sure Start centre

Contact: harriet.brabbin@gmmh.nhs.uk

Tel: 07776 962027 or 0161 271 0279 and ask for Harriet

Ceramics

This is a 8 week course where we will be working with clay to create a ceramic apple and owl.

Clay is a very therapeutic medium to work with and over the course we will be using different creative techniques to create each piece. We will be looking at moulding, sculpting and glazing.

No experience is needed and all materials will be provided.



Details

Date **Tuesday 12th March February - 23rd April 2024**

Duration **7 weeks**

Time **10.00-12.00**

Venue **Brunswick Village**

Closing date **27th February 2024**

Tutor **Stephen Davis 0777 699 4702**

Please note, this course is available to anyone over the age of 50+



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Arts 4 Good Health courses

Ceramics

**Free - Connect - Skills
Wellbeing - Creativity**

Clay is a very therapeutic medium to work with and over the course we will look at molding and sculpting to create a ceramic tile and owl.

Beginners Welcome
No experience necessary

Community Room

Brunswick Village

TUESDAYS 10.00am-12.00pm

A 8 week course from

Tuesday 12th March 2024 until

Tuesday 23rd April 2024

For more information contact Stephen Davis
on : 07776994702

Venues & Maps

Brunswick Village

50 Brunswick St, Manchester M13 9PE

No93

93 Church Lane, Harpurhey, Manchester M9 5BG

Start

Cornbrook Enterprise Centre, Quenby St, Hulme,
Manchester M15 4HW

Studio One

St Andrews Church, Brownley Road, Wythenshawe
M22 0DW

Whitworth Art Gallery

Oxford Rd, Manchester M15 6ER

Brunswick Village

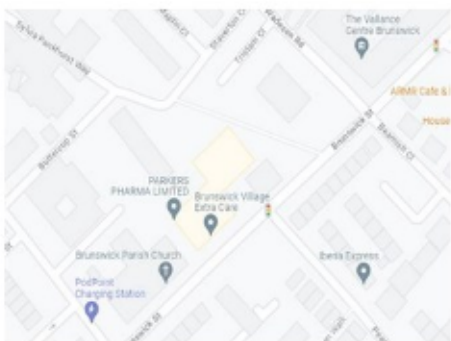


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LOCATION

Brunswick Village Extra Care
50 Brunswick St
Manchester
M13 9PE



TRAM

Piccadilly Station (15
minute walk)



BUS

From Manchester City Centre
50, V1, V2

No93



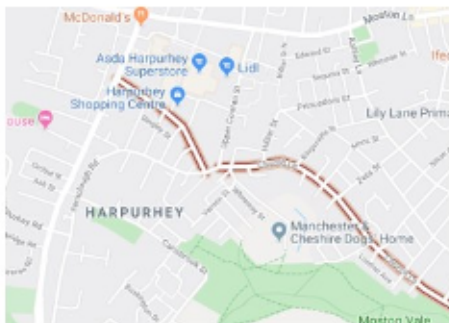
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Venue

93 Church Lane
Harpurhey
M9 5BG

07967 671709



Location

Off Rochdale Road



BUS

From Manchester City Centre

112, 117, 118

From Prestwich

484, 96

Start

Mental Health
NHS Foundation Trust



LOCATION

Start
Cornbrook Enterprise
Centre
Hulme
M15 4HW
0776994702



TRAM

Cornbrook stop



BUS

From Manchester City Centre
255, 84,256

Studio One

NHS
Greater Manchester
Mental Health
NHS Foundation Trust



LOCATION

Studio One
St Andrew's Church
Brownley Road
Wythenshawe
M22 0DW
07553367974



TRAM

Manchester Airport Line
Robinswood Road stop



BUS

43

Manchester – Withington –
Northenden – Wythenshawe
– Manchester Airport

Whitworth Art Gallery



Greater Manchester
Mental Health
NHS Foundation Trust



Location

Whitworth Art Gallery

Oxford Road

Manchester

M15 6ER

0161 2757450



Tram

St Peter's Square stop

Then bus or walk



BUS

15, 18, 191, 197, 453

2024 Upcoming Arts for Good Health Courses

Spring

Nature for Health	Whitworth Art Gallery
Trees, Cacti & Mark Making	Wythenshawe Park
Spring Gardening	The Grange (Beswick)
Box Guitar	Benchmark
Creative Writing*	Brunswick Village
Wellbeing Creative Photography	No 93
Ways of Drawing	Manchester Art Gallery
World Folk Art Flowers	No93

Summer

Create Art using Collage*	Brunswick Village
Drawing Outdoors	Studio One
Mosaic Making	Start
Trees, Cacti & Mark Making	Wythenshawe Park
Make a Chopping Board	Benchmark
Wellbeing Creative	Photography No93

Autumn

Ceramics for Wellbeing*	Venue tbc
Season Creations*	Brunswick Village
Nature for Health	Whitworth Art Gallery
Autumn Garden	Studio One
Wellbeing Creative Photography	No93
Exploring Still Life	Start
Creative Tasters	Studio One

*indicates the course is for a specific group



For more information, please visit:

www.gmmh.nhs.uk/recovery-pathways

or email

Referrals.RecoveryPathways@gmmh.nhs.uk to
join our mailing list to receive regular updates for our
A4GH courses



To get involved with GMMH and/or share your views, please scan the QR code or visit:

www.gmmh.nhs.uk/get-involved

Contact us

 0161 271 0279

 Referrals.RecoveryPathways@gmmh.nhs.uk

 www.gmmh.nhs.uk/recovery-pathways

**Recovery Pathways
Cornbrook Enterprise Centre
Quenby Street, Hulme
M15 4HW**

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Review: 01/01/2024

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