



## Who do I contact?

The Art Well is led by Marion, a qualified Arts Therapist (HCPC Registered).

If you would like further information or to make a referral:

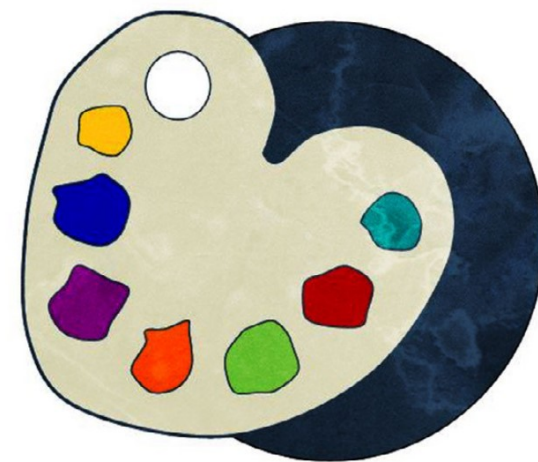
 07919 802064 (Marion Major)  
01234 840880 (Project 229)

 [beccy@project229.org](mailto:beccy@project229.org)  
[theartwell.kempston@gmail.com](mailto:theartwell.kempston@gmail.com)

Sessions are held  
both online &  
face to face at  
Project 229

## Where is Project 229?

Project 229  
229, Bedford Road  
Kempston, Bedford  
MK42 8DA  
[www.project229.org](http://www.project229.org)



# The Art Well

Improving Mental Health & Wellbeing  
Through Creativity



## The Art Well Funders

Funded by The National Lottery Community Fund.

We are grateful for the support and funding from The Kempston Charities and the Bedford & Luton Community Foundation which enabled us to continue throughout the Covid pandemic.

## What is The Art Well?

The Art Well is an arts for health group. A space where expressing through art is accessible for health and wellbeing. No previous art experience is necessary. Giving you the space and support to engage with the arts. Exploring your imagination and creativity, facilitated by qualified staff and volunteers. Giving you the opportunity to explore various art mediums, materials and techniques, such as painting, drawing, clay, collage and printing making.

## Who is it for?

Adults (18+ years) with mental health or social isolation needs can be referred. Participants do not need a diagnosed condition, this is for anyone who feels they would benefit from exploring their creativity through art. So if you struggle with depression, anxiety, stress, or other symptoms, this is for you.

## What does it cost?

The Art Well is funded by The National Lottery Community Fund and free to access. Places are limited, and will be offered subject to availability, after referral and an initial meeting with the co-ordinator.



## How can art help?

The arts are recognised by Government as essential to wellbeing and health. The act of creating, and our appreciation of it, provides an individual experience that can have positive effects on our physical health, mental health and wellbeing. Participation in arts activities can lead to positive changes in: mood, attitude, self expression, personal choice, interests, relaxation and stress reduction.



## Who can refer you?

Any health or social care professional, community worker, or other voluntary sector organisations can refer you. Just ask them to contact us using the details overleaf. You may also contact us yourself for further information.

**ARTS for  
HEALTH  
ART for  
YOUR SELF**

