

Create, connect, feel better!

October 9th – 15th

Celebrating the borough's creativity & collaborative energy through workshops, performances, funding opportunities, networking and professional development sessions.



- MON** AM: Arts and Mental Health Showcase
PM: Creative Networking & Fundraising Talk
- TUE** AM: Arc Merseyway Takeover!
AM: Embroidery & Visioning with Self Care Creatives
AM: Creative Wellbeing Walk at National Trust Lyme
PM: Youth Arts and Health Showcase
- WED** AM: Natural Arts & Crafts Retreat with Marbury Road Edible Garden
PM: Creative Photography
PM: Open Mic Poetry & Flash Fiction Evening
- THU** AM: Movement for Mental Health
AM: Positive Arts Adswold Open Session
PM: Creative Mums Online Taster
PM: An Intro to Using Arts for Your Wellbeing
- FRI** AM: Global Arts - Creativity and Cuisine
AM: Omni Music Taster at Disability Stockport
PM: Lunchtime Concert with Culture Bridge
- SAT** PM: Junk Journalling for Wellbeing

Plus during all events and on Thursday and Friday 10:00-16:00: Art is Medicine, Wellbeing Programmes, The Anxious Photographer and PANDAs exhibitions and Men's Music Listening Corner.

#StockportArtsandHealthWeek

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Or book via [Arc-Centre.org](https://www.arc-centre.org)
Eventbrite



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BOOK EVENTS



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