

## Borderland Voices

introduces

### Stepping Stones Arts

Promoting mental health through the Arts



Would you like to find new ways to express yourself through the ARTS ?

Have you ever thought about doing something creative but find it difficult to get started?

Maybe you'd like to try drawing, painting, ceramics, creative writing, or explore a range of other art forms like dance, textiles, photography, drama or singing.

Stepping Stones Arts, the new arts on referral programme at BORDERLAND VOICES in Leek offers arts activities all year round. Participation in the creative arts really can make a difference to how you see the world and feel about yourself.

Come and take that first step with us and rediscover your creativity. We really believe creative expression has the potential to heal. Give it a try and see how you feel.

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We offer a range of free arts activities for anyone who's interested in exploring creative ways to maintain their mental health and well being.

Every Tuesday MORNING 10.30 - 12.30:  
Poetry and story-telling with the Creative Writing group.

Every Tuesday AFTERNOON 1.30 – 3.30:  
Art materials are available to explore mixed media Visual Arts at you own pace.

FREE Arts Workshops on Thursdays or Fridays - running weekly for 4 - 5 weeks. We have a range of free arts activities on offer throughout the year. Send us your details and we'll keep you posted with the latest programme of events so you can book a place.

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Leek, ST13 6QF

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