

**Colour Your Life** aims to provide free access to artistic and creative activities promoting positive mental health and wellbeing.



**Creative Family Fun!!!**

**Permission to make a mess!!!**

**Creative play for Children and Young People  
with their families**

**MONDAYS** after school at Lamplight Arts Centre  
15:45/4pm - 17:30 (from 9 January 2012)

Ideally for young people ages 5 – 12 with their family members.  
Feel free to bring snacks to keep you going. Refreshments provided.

The first 8 sessions are free, but we welcome donations.  
Art activities will change based on feedback.

A professional artist will provide a range of creative activities;  
first fun with felt and crafts!!!

**A great 'time out' for the family together.**

**Call or email Cheryl Gallagher today for further information or other open arts studio workshops for you or your family and friends.**

**Colour Your Life** is an Arts on Prescription service funded by NHS County Durham.

This County-wide service aims to provide access to a range of creative activities which contribute to the prevention and improvement of mental health whilst developing emotional resilience for individuals through developing new and brushing up on existing skills.

**Those attending will be asked to complete a simple registration form for activity.**

**Tel:** 01207 218852 **Email:** [colouryourlife@leisureworks.net](mailto:colouryourlife@leisureworks.net)



**Colour your Life** Arts on Prescription service is delivered by a unique partnership involving the Pioneering Care Partnership, Jack Drum Arts and Leisureworks funded by NHS County Durham. Pioneering Care Partnership Registered Charity No. 1067888. Company Registered in England No. 3491237. Registered Office: Pioneering Care Partnership, Carers Way, Newton Aycliffe, County Durham, DL5 4SF