

Creative Wellbeing



A friendly welcoming group who come together to enjoy creative activities. Either bring your own craft project or try our craft of the week for a small charge. All skill levels welcome! Drinks, biscuits and understanding will be provided.

- **Wednesdays termtime 1:00pm - 2:30pm and various evenings**
- **JIGSAW Thornbury's home**
- **For parents and carers**



Parents and Carers



Creative Wellbeing Led by Lizzie with volunteer Pat



Creative Wellbeing can help by....

reducing stress and promoting relaxation. Members find that having this creative focus provides a much needed break from the demands of everyday life and eases social interactions, helping them feel able to share life experiences.

“It’s a lovely safe space to connect with other like minded creative parents and carers. Its such a warm and compassionate group and attending always lifts my mood”

With support from

