

# Creative Workshops at Tessa Jowell Health Centre

A season of free creative workshops and community days delivered by Dulwich Picture Gallery and City of London Sinfonia at the Tessa Jowell Health Centre.



## Creative Workshops

Workshops are designed to introduce you to different art and creative activities and to help you to feel active, mindful and relaxed and provide opportunities to meet new people. You can join on any date and no previous experience is required for any of the activities. All workshops take place at Tessa Jowell Health Centre.

### Who is it for?

All activities are free and open to people living and working in Southwark, Lambeth and Lewisham who are referred via a GP, social prescriber or through one of our community health partners. We are also able to take self-referrals from service users of the Tessa Jowell Health Centre.

### Autumn Programme

*Mindful Music with City of London Sinfonia*  
*Mondays starting from 25 September for 6 weeks*  
*3.30-5.00pm*

Join CLS musicians for a calming mindful music session focusing on breathing and gentle movement accompanied by live classical music. These gentle workshops will help to create space for respite and calm, aiding anxiety and relaxing the body and mind.

*Mindful Art with Dulwich Picture Gallery*  
*Mondays starting for 13 November for 6 weeks*  
*3.00-4.30pm*

Inspired by the paintings on display at the Gallery these artist led workshops invite you to discuss and take notice as you explore a range of simple drawing and painting activities to help support mindfulness.

### How to find out more

Please contact us if you have any questions about the programme or how to get involved by emailing [creativityandwellbeing@dulwichpicturegallery.org.uk](mailto:creativityandwellbeing@dulwichpicturegallery.org.uk)

Supported by the Prudence Trust

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