



Derbyshire
Carers
Association

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Inspirative Arts

Monthly Mondays @ 2 - 3.30pm

Join us for one of our Inspirative Arts sessions.

These sessions are for you to enjoy as you create your art work, doodles and collages. You will be using pictures from magazines, text or creating your own writing fonts and drawings to express your imagination, what you feel and is focused on the process more than the final product. So it's all about self expression and engaging in art for your own reflection and relaxation.

Available dates:

Monday 25th October

Monday 22nd November

Monday 13th December

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk