



## Creative Wellbeing Taster Day

### Programme for Tuesday 10 October 2017

Everyone is welcome at the **Creative Wellbeing Taster Day at Bridgwater Arts Centre**. You can drop in and out throughout the day. Come for a cuppa, chat and browse around, and see if you fancy trying any of the taster activities.

**It is all free!** Refreshments throughout the day, with light lunch from 12.30pm to 2.00pm.

10am	Welcome and introduction
10.15am	Singalong with Fodo Higginson & more across the day
10.30am 10.30am to 4pm	Morning Choir with Elaine Thorneycroft-Gibb Knit n Knatter group Mural design and painting with Rachel Gundry Gardening with Seed of Hope CIC Art Exhibition
10:30am	Mental Health Awareness Raising: led by Seed of Hope
11:45am	Write your own blog with Sinead Gillespie
12:30	Mindfulness for Life with Lynne Ingram
1pm	Yoga session with Jayne Alcock
12:30 to 2pm	Lunch time – soup & salads from Conrad's Kitchen
1.15pm	Hypnotherapy talk and taster session with Sue Freeman
2:15pm 3pm	Exit Plan, a one woman show by Kasha Miller, exploring her own personal anxiety Followed by Q&A, and drama workshop
3pm	Musical Vibes with Nigel Neill
4pm 5pm	Tea Time Conversations and Cake: Next steps Sedgemoor and Somerset Creative Wellbeing Network

### Twilight Zone

5.30pm	Stress in the workplace: Hypnotherapy with Sue Freeman
6pm	Talking therapies: how they can help
6.30pm	Yoga with Jayne, Seed of Hope
6.30pm	Musical chairs: Creative Wellbeing Network speed dating Bar open

### Evening celebration: provocatively titled "You'd have to be mad"

7.30pm	Welcome & stand up, compered by Kris Scotting and Vince Hill from Seed of Hope
7.45pm	"It's all a bit taboo" a one act play with Alex Ogden-Davis
8.30pm	The Patchwork Poet and Grace Simple Lifelines
9pm	Open Mic with Fodo & friends The Enchanter: Claude, a multi-talented guitarist and singer
10pm – 11pm	Soul DJ Final Hour: Bridgwater Soul Club

This programme could be subject to change.

**Donations will be welcomed!**

Please bring publicity if you offer inclusive creative activities or community support.

Booking is advised to avoid disappointment in case the sessions and venue gets full.  
More details and advance bookings: 01278 422700 / [www.bridgwaterartscentre.co.uk](http://www.bridgwaterartscentre.co.uk)  
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