

# Mindful Art Club



Do you feel isolated in lockdown?

Are you feeling cut off from your social support network?

Have your usual support services been suspended while the NHS responds to the coronavirus crisis?

**You may like to try joining our free online art group.**

Mindful Art Club is for fun and relaxation. Friendly and informal. Grab a coffee and join in. Hosted by local artists Peggy Melmoth and Emma Sprawson.

Watch our live Facebook video and join in with the group by typing your comments below the video.

**Every Monday and Wednesday at 10 am.**

Watch live on Facebook:

[www.facebook.com/MindfulArtClub](https://www.facebook.com/MindfulArtClub)

**Not on Facebook?** Watch or join in using Zoom. Find out how at [www.mindfulartclub.co.uk](http://www.mindfulartclub.co.uk)