Poetry, Spoken Word and Expressive Writing with artist Tahmina Ali

Starting Wednesday 11 January 2023 from 10-11.30am

These fun sessions will enable you to:

- ❖ Understand how poetry can be used as a tool for expression
- ❖ Explore a range of styles and performance methods
- ❖ Develop your own creative writing style and performance skills
- ❖ Create a collective and/or individual poem

Cultural Threads is an Arts, Health and Wellbeing programme produced and delivered by GemArts who work with professional artists across diverse art forms to help you to:

- Develop new creative skills and interests
- Have fun and connect with others
- Access networks and support to improve mindfulness, wellbeing and health.

Each art activity takes place over 6 weekly sessions, delivered via Zoom in a relaxing, supportive, friendly atmosphere.

FREE to join (15 places per activity). All art materials to take part will be provided, no prior experience required.

GEMARTS

To book please follow the link below:
http://bookwhen.com/hubwellbeingoffers
Using passcode GEMARTS22

Staff Wellbeing Hub