

Fresh Arts Arts on Referral

A free 6-week Arts Workshop Programme to Support People Living with a Neuromuscular condition

Do you live with a neuromuscular condition? This art group aims to help you meet and find support from others in a similar situation. The group explores a range of creative activities led by artist Esme Hodes. This group is open to everyone. Whether or not you think you are creative, Esme will support you to explore a range of fun and enjoyable activities.

To find out more and book a place you can:
Ask your clinician at the South West Neuromuscular Operational Delivery Network, email Fresh.Arts@nbt.nhs.uk or call Jennifer Mills, Arts on Referral Project Manager on 07920 413022



What people have said about Arts on Referral...

“It helps me feel at ease and gives me confidence to put pen and ink on paper.”

“The course has reminded me how important it is to make space for creativity in my life.”

“Really good for my wellbeing”

