

Fresh Arts Arts on Referral

A free 6-week Arts Workshop Programme to Support People with Chronic Breathlessness

Taking part in a creative activity has helped others better manage their condition. This arts 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 an experienced artist and facilitator. This group is open to everyone. Whether or not you think you are creative, you will be supported to explore a range of fun and enjoyable activities.

To find out more and book a place you can:

Ask at the Respiratory Clinic Reception, 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...

“Art is so relaxing, and when you’re relaxed; breathing is so much easier”

“What a special gift this is!”

“My experiences with the group have been amazing. Art is a wonderful peaceful, tranquil and healing process that takes you over and you forget your woes. I have met some lovely people and made friends. I have learned new skills and it has been very beneficial to my wellbeing.”

