

AWARD WINNING arts and health programme



**Create
the life
you want
to live!**

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**Crafts, Writing
and Visual Arts**
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A programme of creative leisure activity throughout St.Helens for those experiencing mild to moderate depression, stress or anxiety.

**Creative
Alternatives**



There are times in all our lives when we may feel stressed, helpless, depressed or anxious.

We may struggle with many issues and demands on us, from money worries and social isolation to problems with work or the family. We may not feel able to cope and therefore seek some professional help in finding a solution.

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Increasing your options
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Now there is a new approach for dealing with stress, anxiety and depression which is free to everyone and available throughout St.Helens. The award winning arts and health service, Creative Alternatives, offers a programme of creative activities to alleviate stress and improve wellbeing. Creativity can help by giving you something meaningful to do with your time, helping you to meet others, explore your feelings and take time out to relax and unwind.



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What does Creative Alternatives offer?
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When you join Creative Alternatives you can choose to attend a block of several workshops taking place in one of St.Helens libraries on a weekly basis. The workshops explore a range of creative activities, including drawing, painting, crafts and creative writing and we also hold workshops that focus on mindfulness and creativity. In addition, we will let you know about other arts and cultural events that are happening throughout St.Helens Libraries and other local venues. All programme access is free of charge and lasts for 12 weeks.

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How do I join Creative Alternatives?
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You can ask your GP, counsellor or another professional to refer you or you can contact the Project Coordinator directly. Simply complete the form on this leaflet and post it to the Creative Alternatives office. Once we've received your details, the Project Coordinator will contact you to learn more about you and your circumstances - all in the strictest confidence. You will be invited to a taster workshop where you can find out more about the programme and how it works. Once you are comfortable with all that we have to offer, you can sign up and look forward to developing new friendships, interests and skills.

If you would like to know more about Creative Alternatives,
please complete the details below:

Name:

Telephone (or email address):

Address:

Postcode:

Where did you find out about Creative Alternatives?

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Return this form to:



Creative Alternatives - St.Helens
C/O Owen Hutchings
Chester Lane Library
Four Acre Lane
St.Helens
WA9 4DE

For further information please contact
Helen Holden, Project Coordinator –
St.Helens, Creative Alternatives:

Telephone: 07745 590 698

Email: helen@creativealternatives.org.uk

www.creativealternatives.org.uk

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St.Helens
Council



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