



# ART & NATURE FOR WELLBEING

## Delivered by SGS College at The Hub Lockleaze in Bristol

Connect with nature. Explore your creativity. Enhance your wellbeing. This inspiring course offers a welcoming, relaxed, and supportive environment where you can explore the relationship between art and the natural world.

Using a variety of natural materials and resources, you'll be introduced to creative techniques that help you:

- Develop new artistic skills
- Build confidence in your creativity
- Enjoy the calming, mindful process of making art
- Deepen your connection to nature and its role in supporting wellbeing

Whether you're a complete beginner or looking to expand your creative practice, this course encourages you to slow down, observe, and respond to the beauty of the natural world through art.

### **Course Details**

*Location: The Hub Lockleaze in Bristol*

*Start/End Date: 25<sup>th</sup> Sep 2025 for 10 weeks*

*Day/Time: Thu 1:30pm-3:30pm*

*Cost: £75:00\**

*\*Fees may reduce depending on local eligibility funding/or benefits that you claim*



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