



Get Creative in 2020 with **FREE** courses

Make time for yourself in 2020 with Knowsley's
'10 Ways to Wellbeing' **FREE** creative courses.

The sessions with professional artists are open to all adults,
no previous experience is necessary just lots of enthusiasm!

FREE courses



Drawing for Health: Four Pictures Make Your Story

Using different styles of drawing, you will work on four related pictures, which will build over the four sessions, to tell a story of your life experiences. These sessions are all about understanding and telling your own stories through pictures.

You don't have to have drawing skills already, we will show you the way!

Storytelling/ Creative Writing

Join our creative writing course and let your imagination flow. Learn how to write a compelling piece, be it a poem, short story or lyrics to a song!

Wednesdays
6pm to 8pm

Stockbridge Leisure Centre, The Withens,
Stockbridge Village,
L28 1AB

29th January
5th February
12th February
19th February

Thursdays
6pm to 8pm

New Hutte Neighbourhood Centre, Lichfield Road, Halewood
L26 1TT

30th January
6th February
13th February
20th February

Saturday mornings
10.30am to 12.30pm

Kirkby Resource Centre, James Holt Avenue,
Kirkby, L32 5TD

1st February
8th February
15th February
22nd February





Visual Arts

Experience the power of abstract painting and learn how to mix basic colours and complementary colours to create your own colourful masterpiece.

**Friday mornings
11am to 1pm**

St George's Church,
Primrose Drive,
Huyton L36 8DW

**7th February
14th February
21st February
28th February**



Photography taster course

Learn how the power of photography can improve your mental wellbeing whilst connecting with the world around you. All sessions start and finish in the libraries but will involve visits to local parks to explore the natural environment.

**Saturday mornings
10.30am to 12.30pm**

**Huyton Library
Culture Hub, Civic Way,
Huyton L36 9GD**

**7th March
14th March
21st March
28th March**

**Prescot Library,
Prescot Shopping Centre,
Aspinall Street, L34 5GA**

**4th April
11th April
18th April
25th April**

Drama techniques

Join a practitioner from Imaginarium Theatre as they introduce simple drama techniques to improve health and wellbeing. Learn how physical movement and expression can help you feel better, increase confidence and improve your mood. No previous drama experience is necessary.

**Fridays
6.30pm to 8.30pm**

**Bryer Road Community
Centre, Bryer Road,
Prescot L35 5DW**

**6th March
13th March
20th March
27th March**

Register your interest for any of these courses by calling Katy McLoughlin from Culture Development and Events Service on 0151 443 5749 or emailing katy.mcloughlin@knowsley.gov.uk

Find out more about the 10 Ways to Wellbeing at www.healthyknowsley.co.uk

