

# Arts & Mental Well-Being Mini Festival



## Arts & Minds Summer Event

### Fri 17th July

### 1pm – 4pm

All Arts & Minds members are welcome to come along and enjoy FREE workshops. Mental health service users, carers, artists, friends, workers will join together to celebrate the arts together and eat cake (or fruit if you're healthy).

#### Where?

**The Swarthmore Centre,  
2-7 Woodhouse Sq, Leeds, LS3 1AD,  
0113 2432210**

#### Getting there

Free parking is limited so please come on foot, on the bus or on a bike. The Swarthmore Centre is a 2 minute walk from town and is a brilliant, friendly place. Call us if you have problems.

#### Free Workshops!

**Jewellery, Singing & Pottery**

#### Contact us

Please contact us to reserve your place  
Sue Nemyria: 0113 3056621  
info:@artsandmindsnetwork.org.uk

#### Membership?

Becoming a member is easy and free: just log on to our website [www.artsandmindsnetwork.org.uk](http://www.artsandmindsnetwork.org.uk) and follow the instructions.

