

Peterborough arts on prescription



at Allia Ltd, Future Business Centre
starting on June 8th 2022

What?

Friendly and inclusive 8-week programme of arts workshops for adults experiencing mild to moderate mental health challenges, including anxiety and depression. Led by a professional artist and qualified counsellor. No previous experience needed. All materials are provided.

When?

Wednesday afternoons, 12.45 - 2.45pm. The programme starts on Wednesday 8th June and runs for 8 weeks with the final session Wednesday 27th July.

Where?

Allia Ltd Future Business Centre, London Road,
Peterborough, PE2 8AN.

New referral?

All participants need to be referred by a GP or other healthcare professional. Please email Lynne at admin@artsandminds.org.uk to request a referral form.

How much?

We ask participants for a **contribution of £40** towards the cost of running the 8-week programme and request payment by bank transfer (details at the bottom of the page). If you have any concerns regarding payment, please let us know as we do not wish for the contribution to be a barrier to anyone attending.

Places are allocated on a first-come first-served basis.

Bank Name: CAF Bank

**Account Name: Arts and Minds (Cambridgeshire and Peterborough
Foundation for the Arts and Mental Health)**

Account Number: 00016871

Sort Code: 405240

working with:

evolve 
Community Counselling Charity

Registered Charity: 1181861