Art for Wellbeing - CAST

Provided / Operated by:
Sheffield Flourish - Wider Opps

Creative Arts Support Team (CAST) is a group of mental health service users, volunteers and workers who use arts for mental health and wellbeing.
The Art for Wellbeing group is a friendly and welcoming art group that runs every week on a Monday. You can work on your own project in the class and materials are provided.
Please note: events may not be running on bank holidays and over the Christmas period. Please double...

Opportunity Address:
Sheffield Flourish
Upper Floor
4 Windrush Way
Sheffield
S3 8JU

Days & Dates:
Monday: 2pm - 4pm

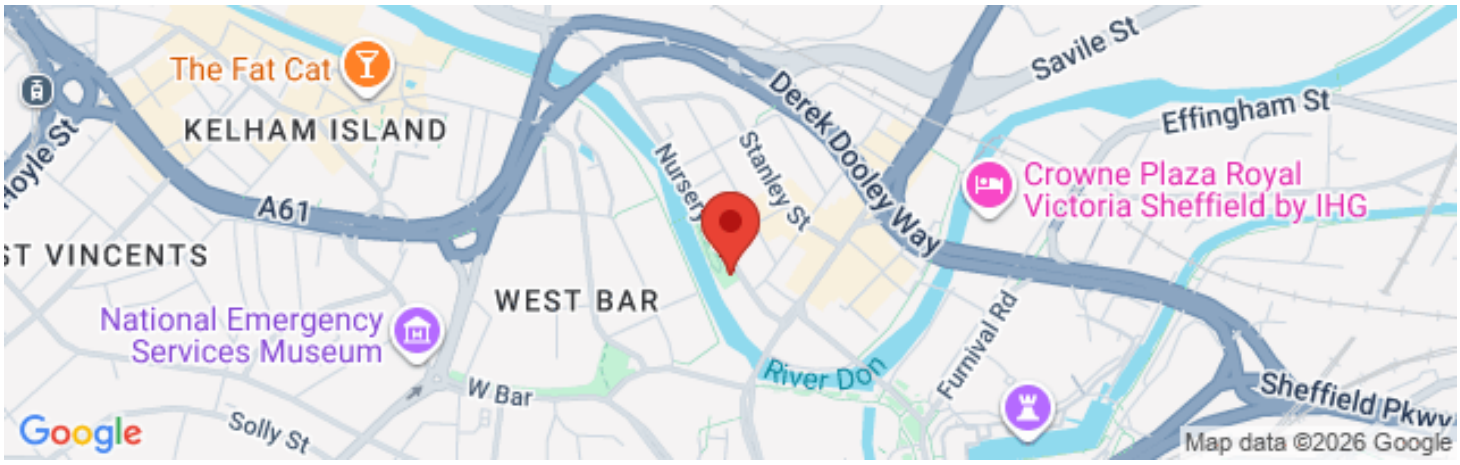
Costs:
Free

Contact Details:
Phone: 0114 273 7009
Email: info@sheffieldflourish.co.uk

Accessible:
Yes

Childcare:
No

Children allowed:
No



The information provided is accurate at the time of printing (19/11/26). Please check with the provider directly for the latest information.