

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...

Course 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

