



SMASH

MENTAL HEALTH ARTS PROGRAMME: SPRING SCHEDULE

Do you live or have a connection to Moston and Harpurhey ? Are you currently struggling with your mental health and well-being?

SMASH offers you a range of different creative activities that suit your own experiences and interests. You don't need to know anything about art!

You can choose from a range of creative experiences that will:

- Help you improve how you feel
- Increase your understanding of mental health and illness
- Help you to meet and talk with other people facing similar experiences
- Increase confidence in talking about your experiences
- Provide new creative ways for expressing your feelings



Artwork: Tiitu Takalo

MENU OF ACTIVITIES

MARCH 2022

11th MARCH 10:30am - 11:30/12pm: TALK - Theatre Maker and Performance Artist, Victoria Firth, invites you for a chat about working with shame both as a personal experience and a creative theme.

18th MARCH 11.00am - 1.30pm: SEE & HEAR - Join us for a special guided tour around **The Manchester Open Exhibition at HOME MCR**. The gallery walls are filled with work from 400+ Greater Manchester residents, selected by a panel consisting of art experts and community representatives.

25th MARCH 10:30am - 12.30pm CREATE - Join **Shada Iqbal** for a creative session making **Focaccia Art**. Cooking is good for mental health, it's creative, it gets us all laughing, it's good exercise and the tasting after is a way to come together and break bread and chat! Come and create a scene on bread, bake and eat together.

You can sign up to SMASH activities at any time, you can choose whichever of the different activities suit you.

To find out more and arrange a chat about what you would like to get from SMASH, send an email to: Steve@sickfestival.com or call us on 07949 546135

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