

Arts for Health

Creative Socials & Afternoon Events



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Our Work...

Community gatherings

- Live Performance
- Cinema

Targeted intervention projects

- Creative Health
- Cultural Education





Arts for Health

Creative Socials

An inclusive creative programme for people aged 50+ who are socially isolated or lonely. The programme is dementia friendly.



Arts for Health

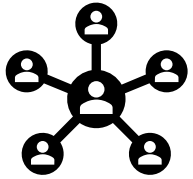
Afternoon Events

High quality bi-monthly live performance events and cinema screenings in locations across Breckland, for people aged 50+.





81% of participants felt **better about themselves**



97% of participants made new **social connections**



95% of participants had improved **their confidence**



92% of participants **felt like they belonged**





"It's absolutely a medicine for your mind, and humour and everything. Can't say any other word for it, **marvellous.**"

Upcoming Creative Socials

APRIL

SEASONAL SOUNDSCAPING

with Les Chappell

1-3pm

Tue 2nd April - Great Yarmouth, St George's

Theatre Café

Mon 8th April - Hunstanton Community

Centre

Fri 12th April - Thetford Library

Wed 17th April- Great Massingham Village Hall

Thurs 18th- Attleborough Town Hall

Fri 19th April - Dereham Trinity Methodist Church

MAY

SURREALIST GARDEN COLLAGING

With Mel and Holly

1-3pm

Tues 7th May - Great Yarmouth, St
George's Theatre Café

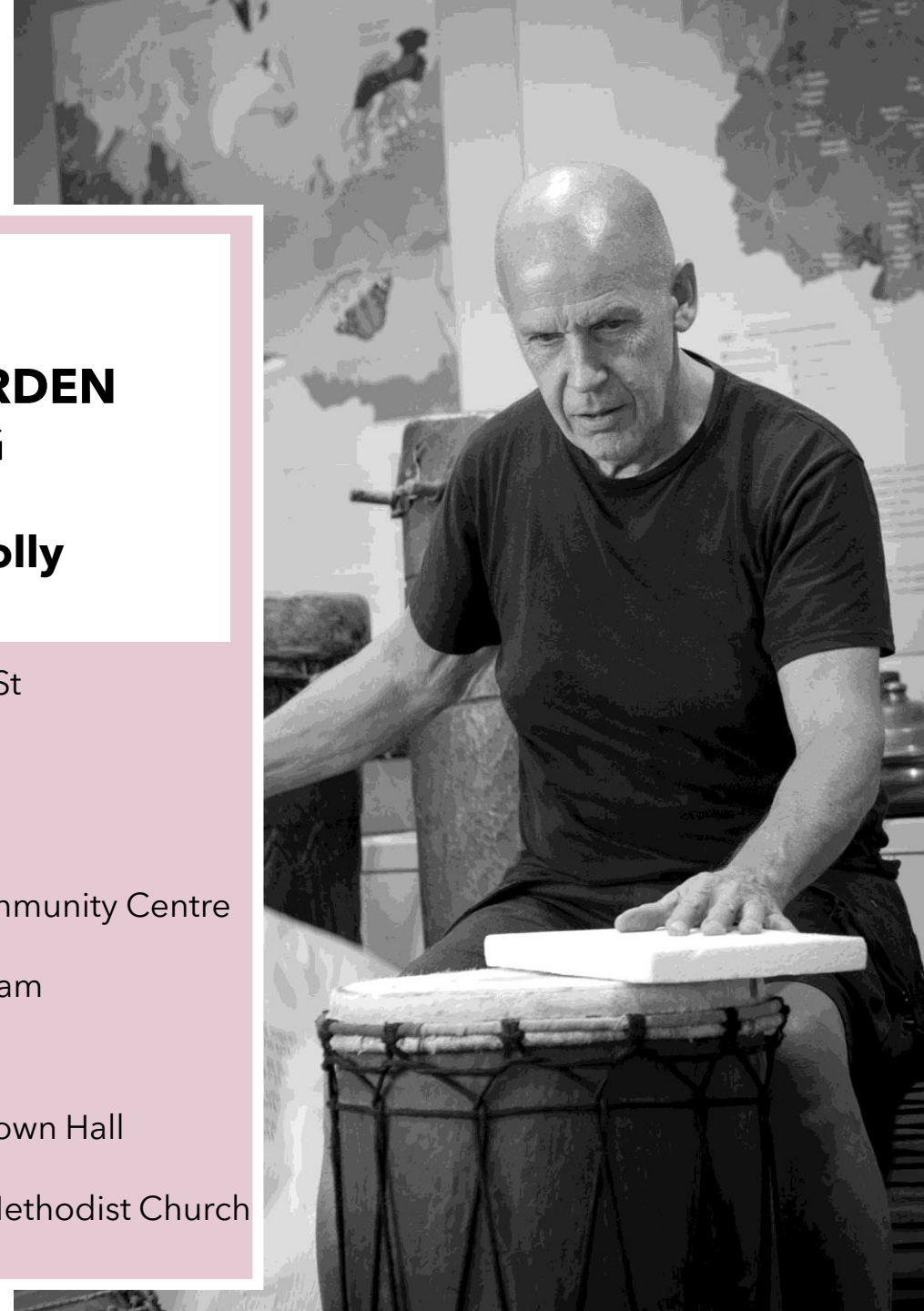
Fri 10th May - Thetford Library

Mon 13th May - Hunstanton Community Centre

Wed 15th May - Great Massingham
Village Hall

Thurs 16th May- Attleborough Town Hall

Fri 24th May - Dereham Trinity Methodist Church



Upcoming Afternoon Events

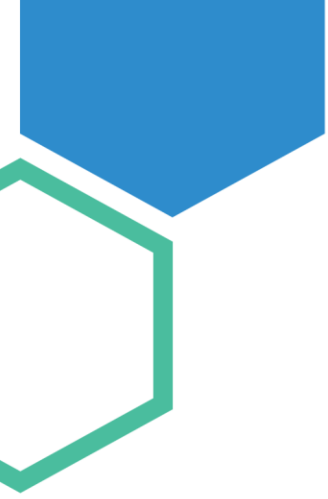
Kathryn Roberts and Sean Lakeman

The Carnegie, Thetford,

Fri 17th May 2024

2-4pm





To Make a Booking

Visit: www.ticketsource.co.uk/creative-arts-east

Or call: 01953 713390



Referrals



Email a referral directly to:

referrals@creativeartseast.co.uk



Or via NCAN Referral System:

[Creative Arts East - Norfolk Community Advice Network \(ncan.co.uk\)](https://www.ncan.co.uk)



Get in Touch

Email: info@creativeartseast.co.uk

Or call: 01953 713390

Keep in the loop, [sign up to our monthly newsletter here](#) or for full details of all events, visit

www.brecklandartsforhealth.co.uk or www.creativeartseast.co.uk for further information!