

**Taster sessions at stalls**  
Mezzanine/Starley Suite  
Coventry Transport Museum

**Arty Folks**

**All day**

Explore Mexican tin art using aluminium drink cans. Arty-Folks supports the creativity and mental wellbeing of adults on their recovery journey through a programme of online and in-person Art for Wellbeing courses.

[www.arty-folks.org.uk](http://www.arty-folks.org.uk)

Instagram: @ArtyFolks

Twitter: @ArtyFolks

Facebook: @ArtyFolks

**Chat Central - Voluntary Action Coventry**

**All day**

Engage in watercolour painting and craft activities to take home with you. Chat Central and Active Central, offer free wellbeing events and exercise classes for people who are socially isolated to get involved with their community, meet new friends, get more active and have fun. They offer a range of activities including coffee morning drop-in, arts and crafts, dancing, Culture Club, chair yoga and more.

[www.vacoventry.org.uk](http://www.vacoventry.org.uk)

Instagram: @chatcentralcoventryuk

Twitter: @ChatCentral2

Facebook: @ChatCentralVAC

**Creative Kindness**

**All day**

Create simple crafts with a positive message to take home with you and brighten your day. Creative Kindness are a community group that creates kindness through arts and crafts, inviting more people to get involved in their movement. Find the taster session at their stall.

Facebook: @creativekindnesscoventry

**Crisis Skylight Coventry & Warwickshire**

**10:00 - 11:00am only**

Learn new writing skills whilst developing your creative talent in this short creative writing sessions. Tell your story, your way. The session may include poetry, short story writing, biographical writing and script writing, and group work.

[www.crisis.org.uk/get-help/coventry/](http://www.crisis.org.uk/get-help/coventry/)

Instagram: @crisis\_skylight\_coventry

Facebook: @crisiscoventry

Twitter: @coventrycrisis



## **Culture Coventry**

### **All day**

Explore reminiscence and memory boxes that contain objects and artefacts from Culture Coventry museums' collections. Culture Coventry will also share information about their 'Create and Craft Café' and 'Awaken the Arts' sessions at the Herbert Art Gallery & Museum. Find the taster session at their stall.

[www.culturecoventry.com](http://www.culturecoventry.com)

Instagram: @CovTM

Twitter: @CovTM

Facebook: @CovTM

## **Hope For the Community**

### **All day**

Find out more about practicing gratitude, mindfulness and goal setting to empower you to manage your health and wellbeing. Hope For the Community will also provide information on their self-management courses for carers and people living with Long Term Conditions

[www.h4c.org.uk](http://www.h4c.org.uk)

Instagram & Twitter: @hope4tc

Facebook: @hopeselfmanagement



## 'An introduction to' - Timed sessions

Bettmann Suite, Coventry Transport Museum

### **Thrive Into Work – Shaw Trust**

#### **10.30am - Workshop (45 minutes)**

Help achieve your career goal by developing a vocational profile. A vocational profile is a person-centred approach to finding out what people want to do and provides an opportunity to understand what a person is interested in and to explore why. It is a discovery document, that is specifically related to identifying barriers to employment, detailing any required reasonable adjustments, and supporting someone to find competitive and meaningful employment.

Thrive Into Work offers a unique approach to employment support that empowers people living with health conditions to find suitable and satisfying work.

[www.shawtrust.org.uk/what-we-do/thrive-into-work](http://www.shawtrust.org.uk/what-we-do/thrive-into-work)

Instagram: @Shaw\_Trust

Twitter: @ShawTrust

Facebook: @ShawTrust

### **Dimensions of Health and Wellbeing**

#### **11:15am - Presentation and Q&A (45 minutes)**

In the session, we will share our latest developments and explain how the Dimensions tool is being used within service pathways and by the local community within Coventry and Warwickshire. Dimensions of Health and Wellbeing is a free, online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire. Self-care information is tailored to a person's own needs and the challenges they face and is available 24/7.

<https://dimensions.covwarkpt.nhs.uk/>

Twitter: @CWPT\_Dimensions

Facebook: @CWPTDimensions

### **CV Life**

#### **12pm, 12.30pm, 1pm, 1.30pm (10-minute sessions)**

Join the Lifestyles health and fitness team who will be offering 10-minute fun, low intensity, low impact sessions suitable for those wanting to work their heart, muscles and increase flexibility.

[www.cvlifestyles.co.uk](http://www.cvlifestyles.co.uk)

Instagram: @cvlifestyleshf @cvlifecoventrynews

Twitter: @cvlifestyleshf @cvlifeneews

### **Birmingham Centre for Arts Therapies (BCAT)**

#### **2.00pm - Presentation and Q&A (30 minutes)**

This session will introduce BCAT who champion the arts therapy sector using art, music, dance movement, drama and play as a catalyst for support. BCAT work with a wide selection of qualified and verified arts therapists throughout Birmingham and the area, with a passion and desire to make arts therapy and arts in health accessible and affordable to all.

[www.bcat.info](http://www.bcat.info)

Twitter: @mailbcat