**About Art & Mind at THG** :

Art & Mind at THG offers an afternoon of artmaking in a safe and welcoming atmosphere, for people who have experience of mild to moderate stress, anxiety or depression, or who care for someone who has.  The group aims to make artwork with a link to the exhibitions in the gallery, giving free rein to participants’ own creativity  in response to the work on show.

The sessions are held in the Learning Room upstairs in the gallery, from 2.30 – 4.00pm on the last Tuesday of each month.Art & Mind co-ordinator Christine Barkla is employed by Mind in East Devon, a charity providing a range of mental health support services based at the Haven in Honiton.  These include activities and groups to promote wellbeing, and recovery based individual support.

Art & Mind at THG is open to anyone who feels they would benefit from and enjoy the group.

For more information, contact Christine at Mind: [christine.barkla@mindexeter.org.uk](mailto:christine.barkla@mindexeter.org.uk), tel 01404 42343 or THG [info@thelmahulbert.com](mailto:info@thelmahulbert.com), tel  01404 45006.