



'It was wonderful to have the opportunity to do something creative. It helped me relax, put things into perspective, and helped me reflect on how I've been feeling. Everyone should try this!

Macmillan Matron



CREATE+

A creative wellbeing programme for MFT staff delivered by Lime Arts

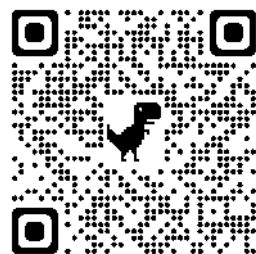


Create+ is a 6 week workshop programme for MFT and Sodexo staff that uses creative activity as a tool to improve self-care and resilience at work.

You DO NOT need any arts experience or knowledge to sign up and access Create+

 More information about Create+

www.limeart.org/create
Follow us on Twitter @limearthhealth
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lime. 
arts in health through
innovation and creativity