



Art Uplift in the North Cotswolds

What is an Art Uplift session?

It is an informal and fun session run by an experienced Artist who will gently guide you to explore your creativity and learn new skills at your own pace. These sessions are not counselling or therapy but simply a place to be yourself discover a new interest and be creative.

Participants are from all walks of life, different ages and generally are looking for inspiration and focus in a relaxed and comfortable environment.

Where and when?

We meet at the the Royal British Legion, Lansdown, Bourton-on-the Water, Gloucestershire, GL54 2AR. There are three groups meeting every Tuesday during term-time. We run for 3 terms per year with ten weeks in each term.

Who can attend Art Uplift sessions?

The groups are intended to support people who are experiencing some difficulty in their life, whether it is mental health issues, bereavement, social isolation or recovery from illness. The sessions are funded by the Bourton-on-the-Water based charity, Moore Friends, and in keeping with the charity's remit, the group is only open to people living in Bourton-on-the-Water and the surrounding villages, or registered with the Cotswold Medical Practice.

How can I join?

Express interest with your GP or your health professional who you see regularly and ask to be referred. Referral forms can be obtained from Cotswold Medical Practice, and these need to be completed, and sent to Cotswold Medical Practice moorehc.gp@nhs.net. You will then be contacted by the Artist to introduce herself and depending on availability space, invited to join.

Who runs the sessions?

It is facilitated by experienced and trained Art Uplift Artist, Karen Hilliard, who is warm and welcoming. She uses a variety of techniques from ceramics to drawing and print, and she is encouraging and supportive.

How much does it cost?

The cost of the sessions is fully funded but we do ask for a donation of £3 per week to help towards the cost of materials and room hire. All materials and refreshments are provided.

North Cotswolds Art Uplift is funded by Moore Friends