



Re-Emerge is a project providing opportunities for people to engage in creative activity for wellbeing. It is designed to support people whose mental health has suffered during the pandemic, so that they can successfully resume their daily lives.



"You don't feel judged here. That goes a long way."

"Afterwards I feel relaxed. I think it's very beneficial."



The programme has worked with a range of groups, including new and pregnant mothers, people living with dementia and their carers, and service users at Spectrum People, a charity providing activities for vulnerable adults and young people across the Wakefield district.

Re-Emerge is funded by Leeds Hospital Charity and NHS Charities Together until Autumn 2023.

To find out more about taking part, or referring someone who would benefit, please contact:

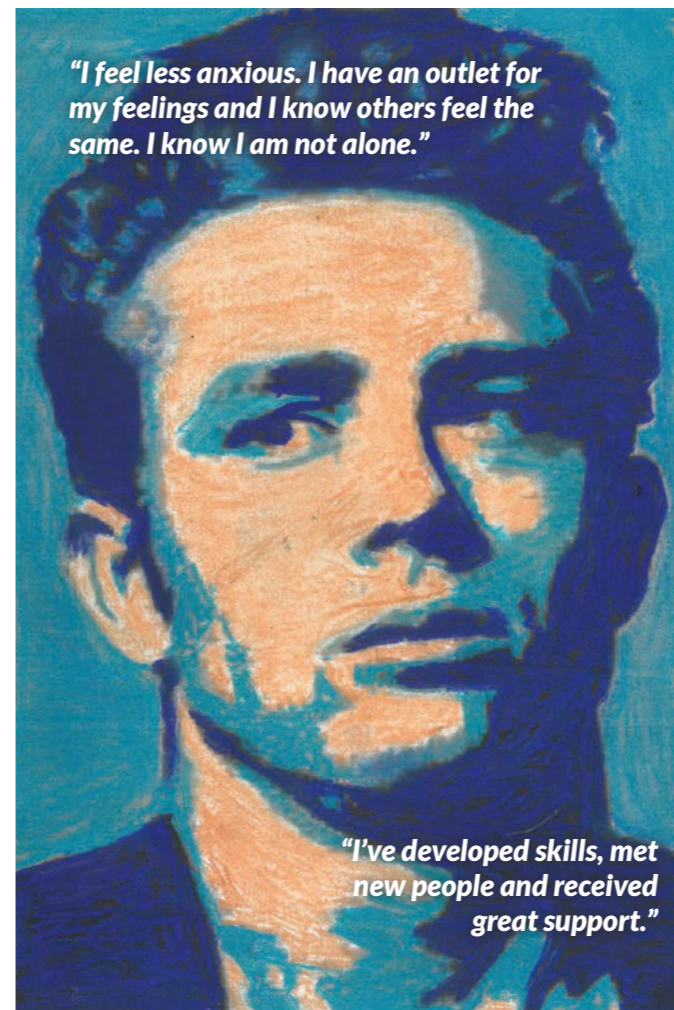
diane@the-arthouse.org.uk
01924 312000

🌐 www.the-arthouse.org.uk
📘 /theartouse.wakefield
📷 /theartouseuk
📺 /theartouseuk

Leaflet designed by Louise Atkinson and funded by the University of Sheffield.

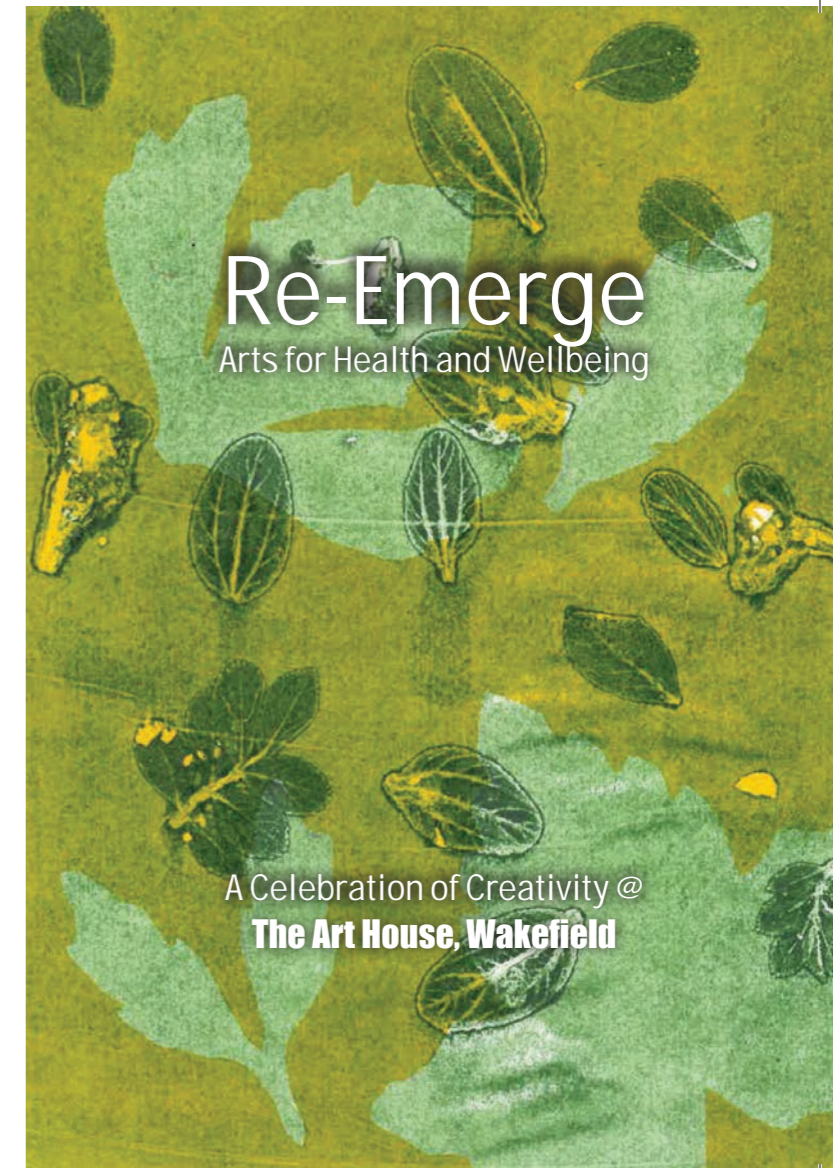


Creative activities included camera-less photography, ceramics, collage, painting, drawing, printmaking, and journaling. These provided many benefits, including creating support networks and giving people tools to express themselves.



"I feel less anxious. I have an outlet for my feelings and I know others feel the same. I know I am not alone."

"I've developed skills, met new people and received great support."



Re-Emerge

Arts for Health and Wellbeing

A Celebration of Creativity @
The Art House, Wakefield



The Art House

