

Mindfulness Drawing and Painting for people with Long Covid

You are invited to take part in **FREE** mindfulness drawing and painting sessions specifically designed for people with Long Covid

Thursdays from 11:30 to 13:00

10 FREE sessions - Dates: 27th April, 4th, 11th, 18th, 25th May, 8th, 15th, 22nd, 29th June and 6th July 2023

(We recommend you come to as many sessions as you can)

The sessions will be delivered by Donna Brewins-Cook, professional artist and workshop leader for Sheffield Museums' 'Feel Good Art Club' sessions. These Mindfulness Drawing and Painting sessions can help you to:

- **Learn new & creative drawing & relaxation techniques**
- **Reduce stress and anxiety**
- **Meet other people with Long Covid**
- **Have Fun with Drawing and Painting**

You do not need any experience or be a 'good artist'!



Each session will include:

- A welcome drink and welcome art pack
- Rest time before, rest break during and rest time after the session
- A gentle relaxation and breathing exercise increase awareness of the body and mind
- Opportunities to practice different ways of drawing and painting
- Warm up drawing exercises to stimulate hand-brain connectivity
- Longer drawing or painting exercise to develop skills and reach the state of *flow*

Where?

Education & Learning Space at Millennium Gallery, 48 Arundel Gate, Sheffield S1 2PP

How do I book my place?

If you have questions about this project or would like to book your place, please contact **Mir Jansen (Arts Coordinator) for Sheffield Teaching Hospitals:**

text: **07776567029** email: mir.jansen@nhs.net

(Please note that her working days are Tuesday, Wednesday and Thursday, 9am to 5pm)

Who we are:

Donna Brewins-Cook is a practicing qualified artist and professional tutor. She started the Feel Good Art Club at Sheffield Museums during the Covid Pandemic. These sessions are based on her experience of working with people who live with anxiety, mobility issues, fatigue and brain fog. Each week is a stand-alone drawing class but if you join regularly you will really see your drawing improve.

She says:- *Our mindful drawing and painting sessions are intended to help you find stillness and calm as well as enjoy some time developing your own drawing skills. Don't worry if you've not picked up a pencil since school – it's a relaxed and friendly group where everyone is welcome".*

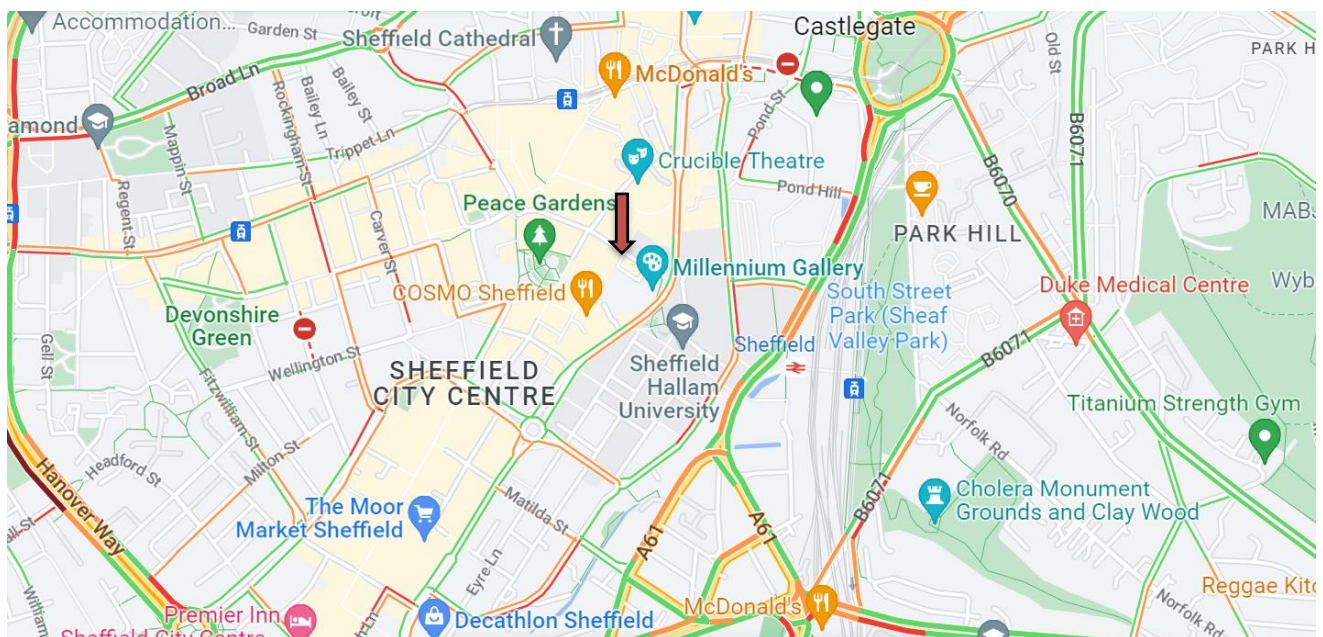
Mir Jansen is the arts coordinator in Arts in Health at Sheffield Teaching Hospitals NHS Foundation Trust. She is interested in how creative interventions can support people to live happier healthy lives. She has been running the *In & Out of Hospital arts programme* for people with a variety of health issues for 6 years. More information about this programme can be found here [Arts in Health \(sth.nhs.uk\)](http://sth.nhs.uk)

These sessions are funded by Sheffield Hospitals Charity and Arts Council England.



Supported using public funding by
ARTS COUNCIL ENGLAND

DIRECTIONS to MILLENNIUM GALLERY



By road

From the M1 leave at junction 33 and take the A57 to Sheffield.
Follow signs for the city centre and the theatres.

PLEASE NOTE:-

From 27 February 2023 the Clean Air Zone has come into effect in Sheffield affecting the most polluting heavy goods vehicles (HGVs), light goods vehicles (LGVs), vans, buses, coaches and taxi's that drive within the inner ring road and city centre. **Private cars and motorbikes will not be charged.**

Arundel Gate Bus Gate

From 27 February 2023, a new bus gate has come into effect on Arundel Gate restricting northbound traffic. The bus gate limits vehicular traffic travelling northbound along Arundel Gate between the Novotel Hotel junction and Norfolk Street. The bus gate will only allow buses, coaches, registered hackney carriages and private hire taxis and cyclists to pass through.

Parking

There is plenty of car parking near to the Millennium Gallery. The closest is the Britannia car park opposite the Crucible Theatre and QPark on Charles Street.

The disabled parking spaces for blue badge holders on Surrey Street are currently unavailable due to maintenance work on the Central Library building. You can find the location of other disabled parking spaces in the city centre on the [Sheffield City Council website](#).

By bike

There is bike parking available in front of the Ambulo café on Arundel Gate. Please be aware that bikes are not permitted in the gallery.

By rail

We are a 5-10 minute walk from the railway station. Leave the station, cross the road and walk straight up Howard Street, by Sheffield Hallam University. You will be able to see the Millennium Gallery at the top of the hill.

By bus and tram

The Millennium Gallery (Arundal Gate entrance) is easily reached from any city centre bus and tram stop. Nearest tram stop is Castle Square.