

## Nature Table – a series of creative workshops for community groups in Dorset

Do you work with a group of adults who might benefit from a series of **free** art workshops between Jan –March 23?

Emerald Ant is a CIC working across Dorset using the arts with many groups, including adults who may have a long term health condition, dementia or low mental health to connect with nature through practical art activities.

We are particularly keen to support people who may need to access warm spaces during the winter months, who might want to meet new people and explore new skills. Sessions would be tailored to the needs of the group and would be free to participants.

If you have a group in mind or would like find out more please contact:

Caroline Barnes on 07834 986462

To see examples of Emerald Ant's work please visit [www.emeraldant.com](http://www.emeraldant.com)

