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# Art for Wellbeing

## Free 4 week course

Being outdoors is more than just exploring new places and looking after your physical health.

The outdoors is known to be a great place to improve your mental wellbeing too.

The courses will be held in the beautiful, inspiring and peaceful surroundings of Cannon Hall's Walled Garden.



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In a relaxed atmosphere within a small group, explore your creativity using art materials whilst connecting with the natural environment.

No experience necessary.  
All materials will be provided.

Tea and coffee available.  
Free parking.  
£5 towards transport costs.  
Booking essential.

For further information or to book a place contact:

✉ [GreenWellbeing@Barnsley.gov.uk](mailto:GreenWellbeing@Barnsley.gov.uk)

### What to bring:

We will mainly be spending time outside. Please bring clothing and footwear appropriate for the season. An indoor option is in place in the case of adverse weather.

### Further information:

The group size will be limited and the sessions will meet any social distancing guidelines.

### Course location:

Cannon Hall Museum, Park and Gardens  
Bark House Lane  
Cawthorne  
Barnsley  
S75 4AT

All courses are 10am – 12:30 pm

#### Course 1

6th July  
13th July  
20th July  
27th July

#### Course 2

3rd August  
10th August  
17th August  
24th August

#### Course 3

7th September  
14th September  
21st September  
28th September

#### Course 4

5th October  
12th October  
19th October  
26th October

