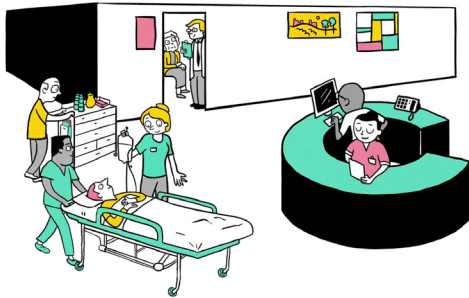


JOIN US FOR CREATIVITY AND WELLBEING WEEK

Thursday 23 May, 2 - 4 pm or 3 -5 pm

Take part and access a code for a free visit to Dulwich Picture Gallery



Join us for an afternoon of creativity at the Tessa Jowell Health Centre, exploring your working practice and environment through a new lens.

Activities will include:

- **CIRCLE OF CARE with Performing Medicine** - in this practical session consider how you deliver compassionate care, to look after yourself and others
- **FLORILEGIUM with Amy Shelton** - create a beautiful mounted botanical card using herbarium techniques to connect to the natural environment
- **SOME HANDS TO HOLD YOU with Sheila Ghelani** - create a locket-style memento to reflect on your relationship to time and consider the spaces you hold for reflection and rest
- **MONUMENTS TO THE HEALTH CENTRE with Tim Spooner** - create a mini-sculpture, looking deeper at the objects and materials that make up your working environment

Join us for the entire afternoon, or drop-in for a taste of the experience. To book a place, register your interest here:

<https://podio.com/webforms/29577366/2437078>