



**A 12-week Open Arts course
alongside Occupational Therapy**
which offers taster sessions in a
variety of art techniques designed
to help manage mental health
and wellbeing.

No art experience is needed, just an interest
to try something new

**In the art room at Basildon Mental Health
unit on Fridays** starting soon (date TBC)

Places are limited so please contact
vaughan.lees@nhs.net
to secure a place as soon as possible

For further information on the course please contact
Jo Keay email: jo.keay1@nhs.net or call **07580 982 462**

www.openartsessex.org

Open Arts is managed under EPUT Charity Fund
Registered Charity number 1053793

Managed by

NHS
Essex Partnership University
NHS Foundation Trust