



- All AOP workshops are led by a professional artist alongside a qualified wellbeing practitioner trained in safeguarding and crisis management.
- Group sizes are a maximum of 12 or in some circumstances 4/6 people to ensure people are given 1 to 1 support.

- We aim to work with people of all ethnic backgrounds, gender or gender identity, of any age from 16 plus, any religion, health issue, mental or physical, any sexual orientation
- Our inclusive art sessions are fun and our team of professional artists facilitate a wide range of activities including clay work, creative writing, reminiscence and community history, printmaking, painting, photography and singing.





AOP workshops are evidenced to:

- Enhance mental wellbeing
- Promote social engagement
- Connect people with opportunities in their community
- Reduce loneliness and isolation



Testimonials:

'The enthusiasm and friendliness of group leaders is infectious!'

'The referral system is fast and responsive and we see the difference" DWP

'I have met new people and made important life changes'

'I had gender reassignment, I was isolated and alone, now I feel confident and am working as a volunteer'

'I feel supported, thank you'

'I am a long term recovering alcoholic/addict.

I became ill and consequently got diagnosed with M.E. I became housebound. AOP is lifesaver for me'

'It's a great service and I am fully behind it' GP at Warrior Square

'Improved my social skills"

'I have now started college, thanks to your support'



Not for profit organisation
No.11952083



Arts on Prescription (AOP) provide funded creative workshops in East Sussex to residents with issues impacting on their mental health referred to us by their GP/ Support team or self-referrals.

We offer online, or physical space sessions.



Contact us via:
info@artsonprescription.org
or through our website
www.artsonprescription.org

