



# Cognivity™

Cognivity CIC-using Creativity to maintain wellness, develop transferrable skills and inspire

## The Healing Power of Creativity

We provide a supportive environment for those wishing to discover creativity or continue to develop a creative journey. Our weekly sessions offer a space for individuals to explore creative experience, which help people manage and maintain positive mental health.

Whether you want to work independently, in your own time, or towards a goal, our sessions are supportive and encouraging, helping you achieve whatever **you** wish to. You can relax, develop technical skills, meet other people who find creativity therapeutic and helpful in maintaining wellbeing. Sessions are facilitated by an experienced tutor and coach with many years experience, both in education (Art & Design) and health; in particular with adults experiencing and managing mental ill health.

We have a wide range of creative mediums (painting, drawing, clay, textiles, wood, mosaics, sculpture) supporting you to explore your own creativity, which we use to aid recovery, build confidence and develop self esteem and resilience. Our members quickly grow in confidence and creative skills. There are no requirements to join, you don't have to have any previous experience, only an interest and motivation to explore your creativity. This is a safe environment for your self development.

Eileen's happy to chat in more detail, please call 07742312828 or Email: [eileen@cognivity.com](mailto:eileen@cognivity.com) if you have questions, or to arrange an initial meeting.

Sessions are held each **Thursday 1.00pm - 4.00pm**

at **Sherwell Church Hall** (North Hill, Plymouth PL4 8ER)

**Cost £5**

**1 - 1 creative coaching** is available for anyone who might find group settings difficult. Please enquire about rates and location information.

