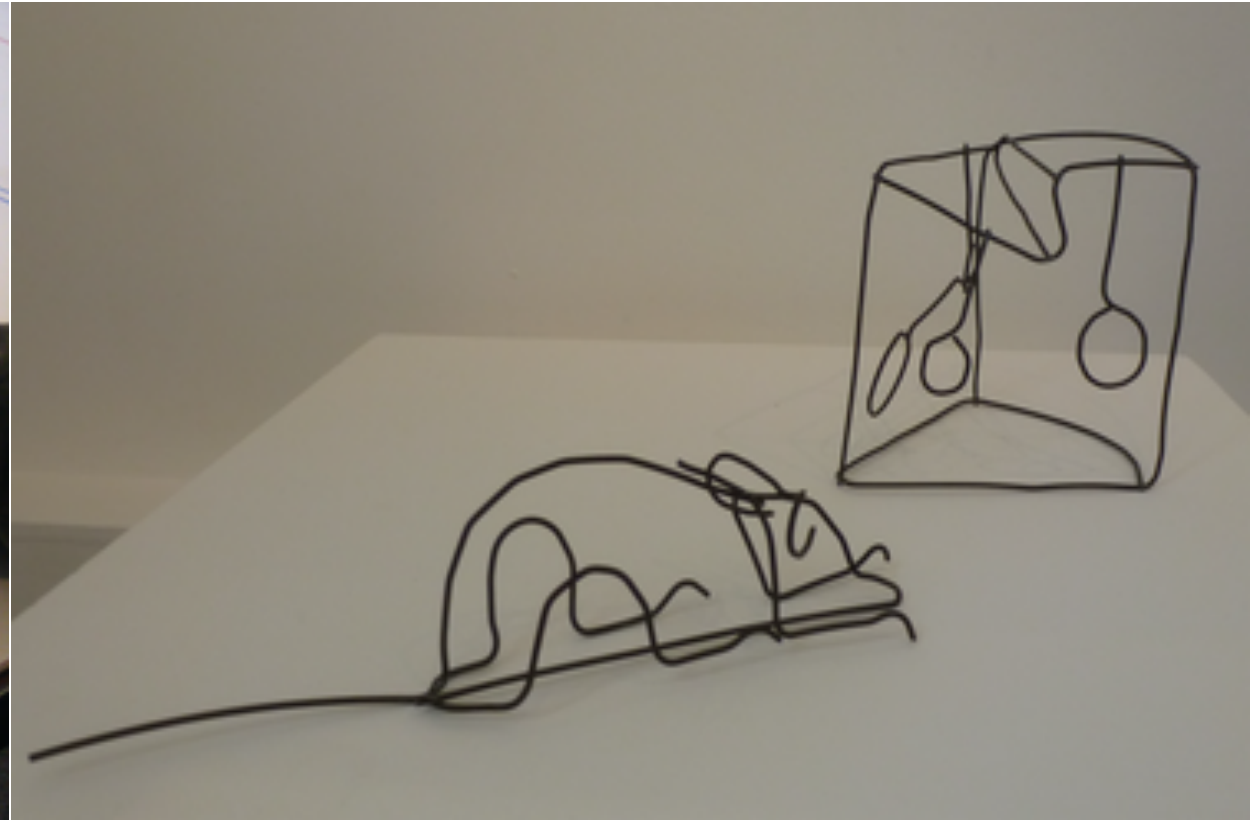
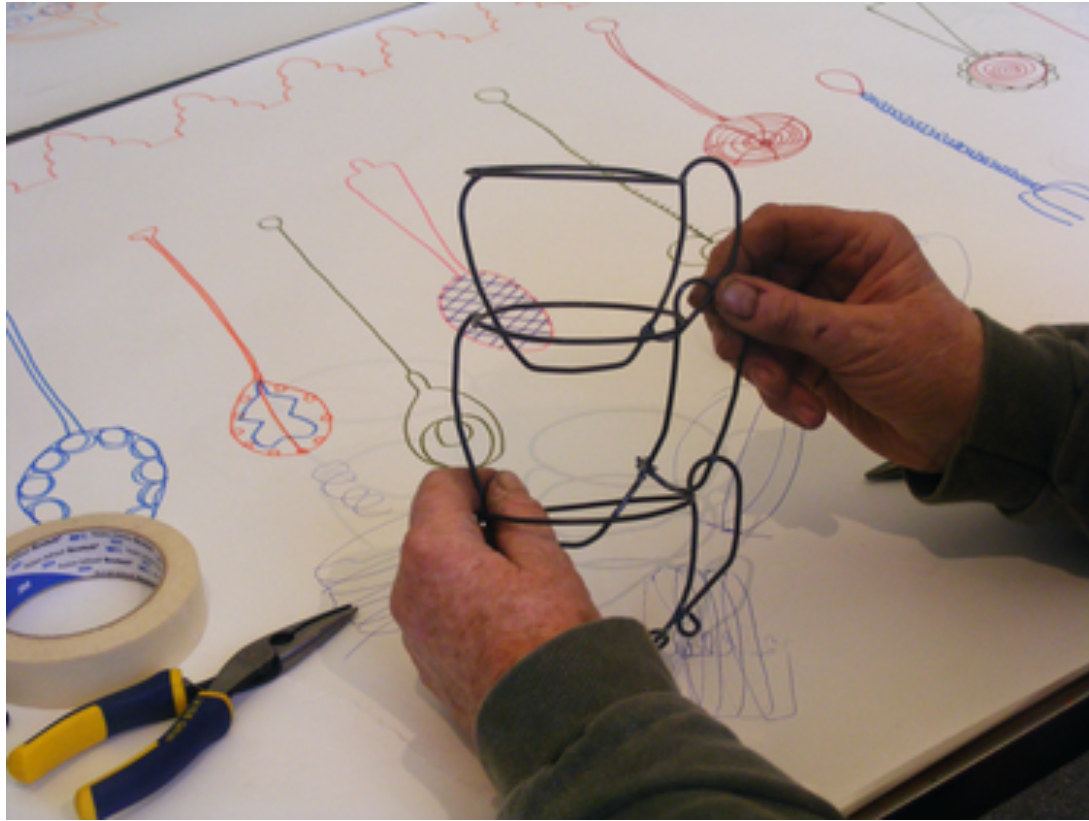
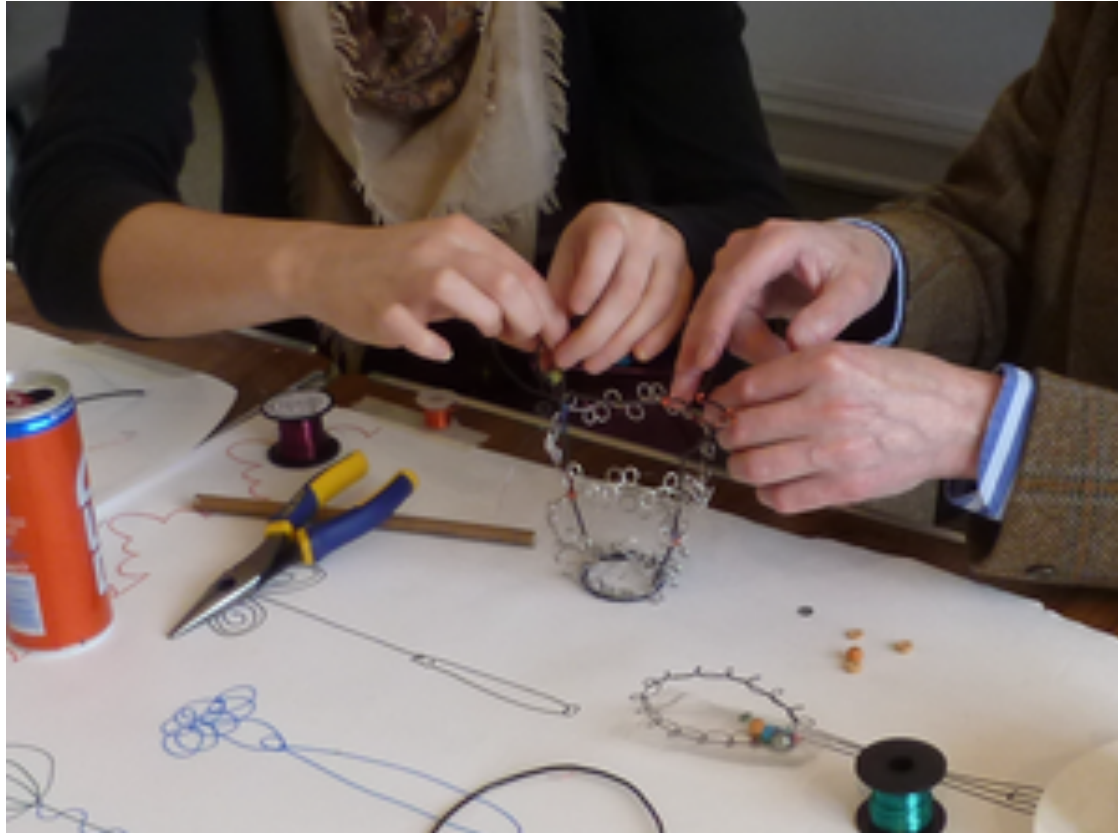


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# WIRED



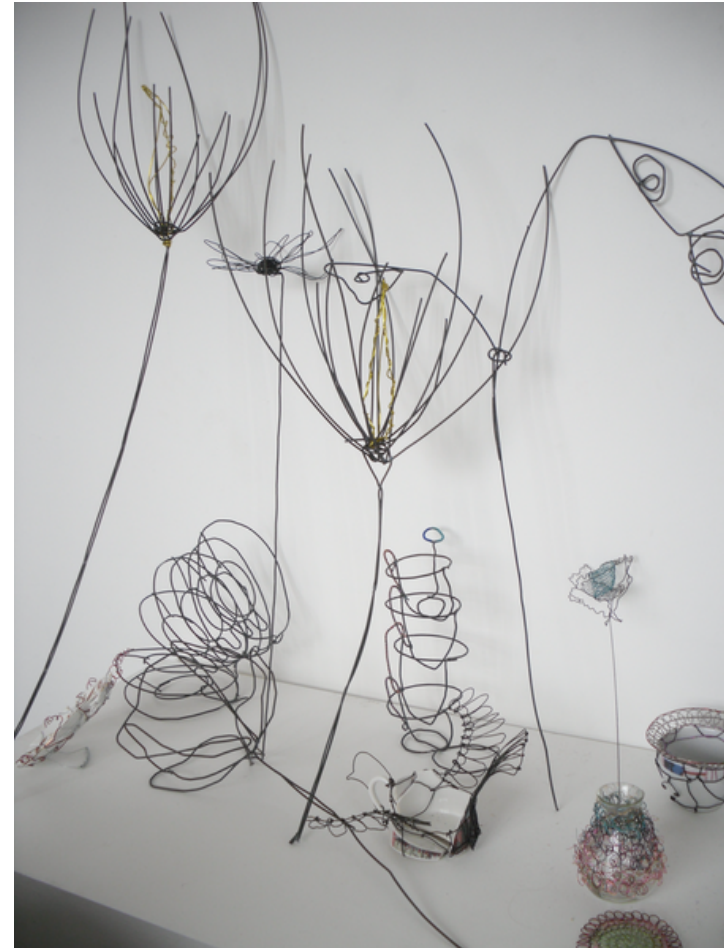


*“It has got me back into my lateral thinking. This course has woken up my creativity”*

*“It was a major self-esteem boost for us. The growth in this room has been enormous”*



*“I’m enjoying the sessions. It’s a real highlight in my life”*





*“For people with mental health issues, the imagination can be a dangerous thing. Working like this... made it a safe place to imagine”*





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Cymru

# Arts Health & Wellbeing Network





# Arts Health & Wellbeing Network

[Engage Cymru – link to resources](#)

<http://www.engage.org/cymruresources.aspx>

[Arts & Health Network platform \(ABMUHB website\)](#)

[www.artsinhealth.wales/](http://www.artsinhealth.wales/)

Artworks Cymru website – Artists in Hospital Toolkit

<http://artworks.cymru/Artists-in-Hospitals-Toolkit>

[www.engage.org](http://www.engage.org)

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