

# CoolTan<sup>®</sup> ARTS

CoolTan Arts believes mental wellbeing is enhanced by the power of creativity

Day	Morning	Afternoon
Mondays	<ul style="list-style-type: none"> <li>Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>Visual Arts: 1pm – 3pm</li> <li>Batik: 2pm – 4pm</li> <li>Sculpture 3.30pm-5.30pm</li> <li>Volunteering</li> </ul>
Tuesdays	<ul style="list-style-type: none"> <li>Creative writing: 11am – 12.30pm</li> <li>Drawing: 11am-1pm</li> <li>Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>Meditation and de-stress: 1pm – 2pm</li> <li>Photoshop: 2pm – 4pm</li> <li>Video editing and filming: 4 – 6pm</li> <li>Volunteering</li> </ul>
Wednesdays	<ul style="list-style-type: none"> <li>Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>Visual Arts – women only: 2pm – 4pm</li> <li>Knitting: 4pm – 6pm</li> <li>Web development: 4pm – 6pm</li> <li>Volunteering</li> </ul>
Thursdays	<ul style="list-style-type: none"> <li>Poetry: 11am – 1pm</li> <li>Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>On request: Basic IT (individual booking essential)</li> <li>Largactyl Shuffle workshops: 2pm – 4pm</li> <li>Volunteering</li> </ul>
Fridays	<ul style="list-style-type: none"> <li>Visual arts: 10.30am-12.30pm</li> <li>Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>Visual Arts: 1pm – 3pm</li> <li>Volunteering</li> </ul>

## Other programmes:

Largactyl Shuffle Walks	3 <sup>rd</sup> Saturday of each month, 12pm – 5pm	Lucy Anderson-Jones: 0207 701 2696 or <a href="mailto:lucy@cooltanarts.org.uk">lucy@cooltanarts.org.uk</a>
CoolTan Voices Community Advocacy Group	3 <sup>rd</sup> Wednesday of each month, 2pm – 3:30pm	Phil Ruthen: 0207 701 2696, or <a href="mailto:phil@cooltanarts.co.uk">phil@cooltanarts.co.uk</a>
Self Advocacy Training Course	various dates continuing throughout the year	Phil Ruthen: 0207 701 2696, or <a href="mailto:phil@cooltanarts.co.uk">phil@cooltanarts.co.uk</a>

We are proud to have as Patrons: Maggi Hambling, Sokari Douglas Camp, Ali Smith, Clare Allan and Rosemary Shrager  
 Unit B 237 Walworth Rd LONDON SE17 1RL T: 0207 701 2696 M: 07985658443 W: [www.cooltanarts.org.uk](http://www.cooltanarts.org.uk) E: [info@cooltanarts.org.uk](mailto:info@cooltanarts.org.uk)

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