

CoolTan[©] ARTS

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

Day	Morning	Afternoon
Mondays	<ul style="list-style-type: none"> Volunteering 	<ul style="list-style-type: none"> Visual Arts: 1pm – 3pm Batik: 2pm – 4pm Sculpture 3.30pm-5.30pm Volunteering
Tuesdays	<ul style="list-style-type: none"> Drawing: 11am-1pm Volunteering 	<ul style="list-style-type: none"> Meditation and de-stress: 1pm – 2pm Movement Therapy 2pm - 3pm Photoshop: 2pm – 4pm Video editing and filming: 4 – 6pm Volunteering Basic / intermediate IT (individual booking essential)
Wednesdays	<ul style="list-style-type: none"> Volunteering Self Advocacy 11 – 1 	<ul style="list-style-type: none"> Visual Arts – women only: 2pm – 4pm Knitting: 4pm – 6pm Web development: 4pm – 6pm Volunteering
Thursdays	<ul style="list-style-type: none"> Poetry: 11am – 1pm Volunteering 	<ul style="list-style-type: none"> Largactyl Shuffle workshops: 2pm – 4pm Volunteering Self Advocacy 2 - 4.30
Fridays	<ul style="list-style-type: none"> Visual arts: 10.30am-12.30pm Volunteering 	<ul style="list-style-type: none"> Visual Arts: 1pm – 3pm Volunteering

Other programmes:

Largactyl Shuffle Walks	3 rd Saturday of each month, 12pm – 5pm	asia@cooltanarts.org.uk
CoolTan Community Advocacy Group	3 rd Tuesday of each month 3pm – 4.30	Rosie Agnew 0207 701 2696, or Rosie@cooltanarts.co.uk
Self Advocacy Training Course	various dates continuing throughout the year	Phil Ruthen: 0207 701 2696, or phil@cooltanarts.co.uk

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 E: info@cooltanarts.org.uk

CoolTan Arts Registered charity number 1064231 Company limited by guarantee registered in England and Wales reg. 3244552