

# start time out

arts on prescription programme



Do you need time out from your worries? To discover more about our free arts on prescription service and how to join email or call Anne-Marie or June on 0161 351 6000.

Sometimes it's hard to explain why you're feeling down. You just feel sad, anxious, maybe even tearful and have no confidence left. **Start time out** will give you a break from the pressure with support, encouragement and laughter to create or do something that makes you feel proud.

Our free and confidential Arts on Prescription service brings people together in friendly, understanding groups to try out a variety of creative activities. Start time out helps people just like you to feel better about today and tomorrow.

**“BEFORE COMING HERE I WASN'T VERY CONFIDENT,  
NOW I GET TO TRY NEW THINGS AND HAVE MADE  
SOME NEW FRIENDS, PEOPLE REALLY CARE”**

# start in salford

creative arts and wellbeing centre

**Start time out** offers you up to two sessions weekly, each lasting two hours and all materials and equipment are provided. Professional artists are there to help you as much as you need and will guide you through a series of activities which could include: pottery, gardening, photography and more... You can try a variety of activities and choose what you like best. Beginners are especially welcome.

The project is flexible and can last up to six months. During that time you can look at opportunities in volunteering, leisure interests, employment and education. Or, having enjoyed your six months of sessions with us, you may then decide to join our member-led art group and develop your creative skills for the future.

To join our Arts on Prescription service talk to your GP or health worker, call us on 0161 351 6000 or email: Arts coordinator, [anne-marie.rickus@startinsalford.org.uk](mailto:anne-marie.rickus@startinsalford.org.uk) or Health and Well-being Coordinator, [june.wilcock@startinsalford.org.uk](mailto:june.wilcock@startinsalford.org.uk)



If you, or someone you know, would like to join Start in Salford ring us for more information or visit our website at: [startinsalford.org.uk](http://startinsalford.org.uk)



For more information about anything in this leaflet, please contact:

**Start in Salford Creative Arts and Wellbeing Centre,  
Brunswick House, 62 Broad Street, Salford. M6 5BZ**

**Telephone: 0161 351 6000**

**Email: [info@startinsalford.org.uk](mailto:info@startinsalford.org.uk)**

**Visit our website: [www.startinsalford.org.uk](http://www.startinsalford.org.uk)**

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