



arts uplift

Arts Uplift CIC presents

INSIDE STORIES

A series of fun online Zoom sessions for adults! A creative writing course using your own experiences to help with anxiety, depression and reduce isolation. Also can be done offline. FREE!

**WEDNESDAYS 17,24,JUNE 1,8,15,22 JULY •
7.30PM-8.10PM • ZOOM**

*To book a place contact Jenny Davis 07946 585978
jenny@artsuplift.co.uk www.artsuplift.co.uk*

