



Following the success of last year's watercolour workshops, Islington Mind is delighted to announce a new collaboration with artist Simon Poulter.

'Rescue Kit' is a series of six 1-hour weekly workshops running from 26 January to 2 March 2021 on Zoom. No skills are necessary to take part in the workshops. All you need is the willingness to turn up on time every Tuesday at 11am. We will send you one Zoom link that you can use for the whole 6 week period. You can join by computer, tablet or smartphone, with the Zoom software installed.

The approach is friendly and encouraging. The outcome will be a 'rescue kit' box filled with items special to you, and new items that we will make together, that you can use and return to in times when you need comfort or respite from low periods.

You will need to be able to collect a box full of component parts from Islington Mind's Isledon Road office in Finsbury Park, prior to the workshop period. Some of the activities can be done between the sessions. The component parts will be available for collection from 19 January, 2020.

Places are limited and priority will be given to clients who haven't yet worked with Simon on an Islington Mind project.

Please email sallie.fellowes@islingtonmind.org.uk to book your place, call Head Office on 020 3301 9850 or speak to a member of staff.