



Southey Mindful Art Space



The Southey Mindful Art Space began in November 2019 as a Community Art Therapy group for residents in the Southey, Foxhill and Parson Cross areas.

It was funded by the National Lottery Community Fund and was aimed at reducing isolation and loneliness and helping people who might usually find it difficult to access activities in the community.

People enjoyed coming to the group and found it helpful so when the lockdown started in March 2020, we kept in touch and offered the group members individual support.

We managed to meet up again a few times before the second lockdown and received some additional funding from the National Lottery COVID fund to continue to support people in the community on a short term basis. We have provided telephone support, mindfulness audio recordings, online art therapy, as well as doorstep art deliveries and chats.

Our last group, feedback from our group members . . .

'lovely to join you all today. Thank you so much for making it possible and for making our time there in the beautiful Walled Garden so special'



The project concluded on Monday 29th March 2021 with an outdoor art therapy group session in Hillsborough park's beautiful walled garden. After being unable to meet in person throughout the last lockdown, we were delighted to meet up in the sunshine and make some outdoor art to end our group. We have loved working with all our group members and hope to see you again in future projects.



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