

**BRIGHTSPARKS**  
ARTS IN MENTAL HEALTH GROUP.

AA  
ATTENBOROUGH  
ARTS CENTRE

**NHS**  
Leicestershire Partnership  
NHS Trust

*Present;*

# 'SELF-LOVE;

**Empowerment, Celebration and Self-appreciation'**

Members of the ArtSpace Arts Group and The Showcase Writer's Collective worked with participatory artists Emily Crosby and Lucy Ovenall to create this wonderful collection of visual arts and corresponding creative writing. Experimenting with and exploring various artistic methods/techniques and mediums, Mental Health Service Users celebrated themselves and their continued strength and survival through challenging times.

**"There were no constrictions, just freedom to express yourself and celebrate your strength and brilliance!"**

**Exhibition on display from Wednesday 24<sup>th</sup> November 2021 in;**

***Studio 3.***

***The Attenborough Arts Centre***

***Lancaster Road***

***Leicester***

***LE1 7HA***

***Special opening event to take place 2 – 4pm Wednesday 15<sup>th</sup> December, with free refreshments and entertainment.***

**For further information please contact Tim Sayers, Arts in Mental Health Co-ordinator, at Leicestershire Partnership NHS Trust on:**

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