



Creativity *for Wellbeing*

The Lowry is offering a weekly timetable of free online activities for children and adults to enjoy from home.

These Creativity for Wellbeing activities are weekly workshops with professional artists that will boost your mood, enhance your energy, connect you with others and offer you a sense of calm.

No experience or skill is necessary and everyone is welcome and it's all completely free. Info below to book a free ticket or to join an online event.

All activities are welcoming for all!

If you have any additional needs or requirements that we can support, please let us know at point of booking or via email:

GETCREATIVE@thelowry.com

We will also be adding more evening courses for adults soon. Please follow our social media to keep your eyes open for new events and activities.

**Check out the full timetable on the next page →
www.thelowry.com**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Salford City Council

SUPPORTED BY ART FUND

From week commencing 18 January for 5 weeks the following daily activities will be available online for you to join, just book a **free ticket** or join the Facebook event.

TUESDAY

TUESDAY MORNINGS

Under 7's Dance yourself happy!

9.30am every week for 5 weeks | Ages 2-7

A fun, energetic and imaginative 30-minute online class with a professional dance teacher for children aged 2-5 and their families. Every Tuesday morning you can move your body, exercise your imagination and spend half an hour as a family to dance, be silly and feel better.

Who: Children aged 2-5 and their grown ups. No experience necessary, just turn up and enjoy.

Where: Sign up to our Facebook event and join this session on Facebook LIVE

WEDNESDAY

WEDNESDAY LUNCH TIME

Colour & Craft

12.30pm every week for 5 weeks | Ages 5-11

This fun, creative 45 minutes is led by the wonderful Momtaz Begum-Hossain. This is as a vibrant, colourful workshop using things you can easily find at home to make interesting art works and spend time together with your family. A visual arts workshop for children that is sure to leave you feeling good!

Who: Children aged 5-11 and their grown-ups. No experience necessary, please check our website & social media to know what materials you will need each week.

Where: Sign up to our Facebook event and join this session on Facebook LIVE

WEDNESDAY EVENINGS

LS Lowry inspired illustration of portraits, landscapes and nature

6.30pm-8.30pm | Ages 18+

This 4 week course led by artist Paul Pickford is made up of 4 friendly, accessible sessions you will be supported by a professional illustrator and animator who will ensure that your experience is positive and that there are no barriers to you participating in creative activities.

Who: Anyone aged 18+ No experience necessary, just come along and have a go. Sign up for the full 4 weeks to take part in the full course.

Where: This 4 week course will take place on Zoom. Book a free ticket via The Lowry Box office & you will be sent a zoom link the day before.

What do I need: Paper, pencil and a colouring material such as coloured pencil.

THURSDAY

THURSDAY LUNCH TIME

The Sea Within - Yoga & Mindfulness for children

12.30pm every week for 5 weeks | Ages 5-11

A beautiful, calm and creative 30-minute yoga and mindfulness class for children aged 5-11. Using stories, animals, shapes and sounds this is a fantastic opportunity for children and their families to have a break from home-schooling, to connect with each other and their own bodies to feel refreshed and happy.

Who: Children aged 5-11 and their grown-ups. No experience necessary, just turn up and enjoy.

Where: Sign up to our Facebook event and join this session on Facebook LIVE

THURSDAY EVENINGS

Creative writing & Poetry

6.30-8.30pm every week for 5 weeks | Ages 18+

Come together in an online group with others for 2 hours of creative expression through writing, poetry and spoken word with local artist Jenny Berry. Exploring themes linked to wellbeing, isolation, community and togetherness, this supportive environment will nurture your own creative thoughts and ideas whilst learning new skills.

Who: Anyone aged 18+ No experience necessary, just come along and have a go. Sign up for 5 weeks to take part in the full course.

Where: This 5 week course will take place on Zoom. Book a free ticket via The Lowry Box office & you will be sent a zoom link the day before.

FRIDAY

FRIDAY MORNINGS

Walkeoke

11am every week for 5 weeks
Ages: Fun for the whole family

Walkeoke is a fun, easy walking-based workout to some of your favourite tunes from the 60s, 70s and 80s. You can easily take part on your feet or seated works great too, following the arms and upper body work. Come along to loosen your joints and muscles, smile more, worry less and even tick off around 2,000 steps (or equivalent work).

In this friendly 45 min disco session we like to get warm instead of tired, using the music to boost your mood and increase your energy rather than use it up. It really gives you a lift!

Who: No experience necessary and all movements can be easily adapted to suit your needs. Aimed at adults age 18+ but if your little ones wish to join in, that's great too!

Where: This activity will take place on Zoom. Book a free ticket via The Lowry Box office & you will be sent a zoom link the day before.

- Activities for Children & Families
- Activities for Adults

We will also be adding more evening courses for adults soon. Please follow our social media to keep your eyes open for new events and activities.

Follow us on

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