



Media Release

Friday 18 August 2017

## **Stimulating memory through art**

A free five-week therapeutic art class is being offered at the Rolleston Community Centre.

Led by local Selwyn artist Bridget Carr, the sessions aim to encourage memory recall through the process of creating art. Bridget is a facilitator for The Laura Fergusson Trust residential facility therapeutic art classes in Christchurch.

Depending on the uptake for the class, further sessions may be planned in Selwyn, Bridget says.

“Everyone has a creative aspect, even if they haven’t focused on art since school days. I believe the creative reawakening through art can be beneficial for those with memory loss.”

The classes will interest those who are keen to relax, enjoy, share experiences and socialise while stimulating the mind through creative expression. No prior experience is necessary. All materials will be provided.

The sessions will take place at the Rolleston Community Centre on Thursdays from 1.30–2.30pm, beginning 31 August, with the final class on 28 September.

Places are limited – we encourage those interested in attending to register by Wednesday 30 August.

For more information or to register, contact Bridget Carr on 347 3577 or 021 248 4315.

**ENDS**

**PHOTO:** Therapeutic art class co-ordinator Bridget Carr has been exhibiting her artwork since the 1980’s.

**Selwyn District Council media**

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