



# WORKSHOPS

Headway East London's *Submit To Love Studio* has more than ten years' experience in facilitating mosaic sculptures and mural workshops with disabled adults and members of the public. In collaboration with Headway members, the studio team has developed a dynamic range of programmes that encourage people from all backgrounds to have the confidence to be creative and produce amazing works of art. The studio is home to talented artists who use Headway as a community and place to express themselves.

Those involved in the workshop will have the opportunity to collaborate with these artists, benefiting from their guidance and inspiration. As well as gaining new technical and creative skills, they will learn about life after brain injury and gain insight into how the artists come to express their remarkable talents in spite of profound disabilities. We pride ourselves on the confidence-enhancing qualities of our workshops and on the positive outcomes of the experience, which are life-changing for some.

### Example Workshop Day:

- 10.00:** Meet the members and learn more about Headway
- 10.30:** Take part in a creative planning session with artists
- 11.00:** Let the fun begin! Don your goggles and gloves and prepare to get stuck in
- 13.00:** Enjoy a tasty lunch prepared by Headway members
- 13.30:** Still plenty to accomplish! It's time to crack on
- 16.00:** Pack up and reflect on all that has been achieved today

A typical workshop will take place over four days spanning several months. We'll meet ahead of the time to discuss the concept and design of your artwork, be it a sculpture or mural.

If you are interested in participating in this exciting experience, please get in touch to arrange a visit. Contact the Art Studio Manager Michelle Carlile at [michelle.carlile@headwayeastlondon.org](mailto:michelle.carlile@headwayeastlondon.org) or call 020 7749 7790 to discuss prices and dates. Limited availability, so book now to secure a place!

Supporting people affected by brain injury

