



Kimmy Cantrell

Making Portraits Telling Stories

A 4Winds
Creative Arts
Project

Led by Louise Jensen,

Creative Practitioner for Health and Wellbeing, Stiwdio Arts initiative

Be Inspired ...!

Group Museum Visit- Wednesday 24th November 2-4pm

Join us for a visit to the National Museum of Wales where we will explore together some of the portraits in their new exhibition and seek inspiration, finding out about the stories behind them.

Two Arts Workshops- Wednesday 1st December 2-4pm

and Wednesday 8th December 2-4pm

Join us in our workshops exploring paint and charcoal to create stories and portraits of our own.

No previous art experience is required, all materials will be provided.

The workshops will take place in the **Grange Gardens Bowls Pavilion**

A 1 hr catch-up zoom session will also take place 10.30am Wednesday 1st December

Places will be allocated on a first-come first-served basis.

Please email contact@4winds.org.uk to sign up for the sessions. Once you are signed up further details will follow.

If you have any queries about the workshops or museum visit please email Louise Jensen stiwdio3@gmail.com.



Images courtesy of National Museum of Wales Collections



A Mental Health Resource Service For Cardiff And The Vale

For more information about 4Winds visit - <https://4winds.org.uk/services/>

For more information about Stiwdio Arts Initiative visit <https://www.facebook.com/louisejensenstiwdioarts>

