

'KoCreate'

Free Creativity sessions in Portsmouth for Autistic People

Led by an Autistic creative....

Project delivered and
coordinated by **Flow
Observatorium,**
YOU Trust & PACF



Artistic opportunity for Autistic People in the Coastal Communities of Portsmouth, Emsworth & Hayling Island through a new Social Prescribing project led by Autistic artist Jon Adams.

Autistic People often face acute isolation, health inequality and self confidence issues which seem to have been exacerbated by Covid19 and the lockdowns. Also we know that creative activity boosts wellbeing, benefiting our sense of belonging, vital for maintaining good Autistic mental health, and that Autistic people can be creative in many different ways.

We invite you to join other autistic people for a series of creative sessions themed around 'Autistic relationships' to place and time, object and nature, friends and family. We will be offering a peer supportive and relaxed working space with drawing, written word, model making, sculpture, photography and more on offer. No previous experience is necessary.

The first set of workshops will be in hybrid format with a choice of attending on zoom or in person at Portsmouth Guildhall, starting on the 3rd November 1-3pm & on Wednesday afternoons for the following 6 weeks. The dates for the following sets of workshops are: Group 2 15/12/21-2/2/22 and Group 3 9/2/22-16/3/22. We will also be building towards an exhibition in March.

Sessions will be led by Jon Adams an established Neurodivergent advocate and Autistic socially engaged artist and run in partnership with The You Trust, Portsmouth Autism Community Forum and Flow Observatorium.

This project is supported by the Thriving Communities Fund, which aims to improve and increase social prescribing community activities by bringing together place-based partnerships of local voluntary, community, faith and social enterprise projects. The Thriving Communities Fund has been made possible thanks to funding from the National Academy for Social Prescribing, Arts Council England, Natural England and Historic England, with support from NHS England and NHS Improvement, Sport England, the Office for Civil Society, the Money & Pensions Service and NHS Charities Together

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