

Getting Crafty



Half-day team building activities

Studies have shown that individuals who participate in arts and crafts experience decreased symptoms of depression and anxiety. The sense of accomplishment from completing a project can boost self-esteem and provide a sense of purpose and fulfilment.

Our crafty workshops are ideal for businesses and organisations who are looking to provide wellbeing activities for their staff and can also be used to promote team building across every level of your organisation. We have an experienced team of craft enthusiasts who can provide sessions at your workplace throughout the year or alternatively have access to community venues if you would prefer to use a space away from the office. We can deliver wreath making sessions at Easter and Christmas, floristry tasters and general arts and crafts. All materials will be provided. All we need is your enthusiasm.

Participating in group art projects or attending craft workshops fosters a sense of community and belonging. Sharing creative experiences with others can lead to meaningful connections and support networks, which are essential for emotional wellbeing.

Cost per person: to be discussed

Cost per organisation: to be discussed