



# Community Art Project

Hi Neighbours,

Mildmay Community Centre would like to invite you to take part in a community led art project for people of all ages.

It can be a painting, a sculpture, a sketch a photograph, a poem or any other art medium that appeals to you.

It is important that we keep our minds busy whilst we are spending most of our time indoors. Creating art relieves stress, encourages creative thinking, increases brain activity, and improves our mental health. Sharing our art with each other can help to create a feeling of connection particularly in these unprecedented times.

Please send us pictures of your wonderful creations so that we can share them on our social media to give others inspiration. Once the lockdown is over and we are able to gather together once more, we will organise a celebratory art exhibition at the centre with everybody that has contributed to the project.

Please email your entries (only one piece per person please) to [sam@mildmaycp.org.uk](mailto:sam@mildmaycp.org.uk) along with your name and age and a short paragraph about your piece and what it means.

