



Together, We Make

Previously, Art for Wellbeing

With artist Nathan Sheen

Kindly funded by Monmouth Town Council



A welcoming and friendly opportunity for people who were struggling with their wellbeing to find support through the arts. The art activities provided therapeutic support in terms of keeping hands busy, allowing for creative expression and acting as a catalyst for connection with others.

Learn more about how the arts supports wellbeing and positive mental health:

- Wales Arts, Health & Wellbeing Network
- National Centre for Creative Health

Round 1: Art for Wellbeing

- **Designed out of consultation with a taster 'Art for Wellbeing' session at Abergavenny and Monmouth, funded by the Regional Integration Fund**
- 8, 2-hour Art for Wellbeing sessions at the Bridges Centre, Monmouth
- There were 53 engagements across the 8 weeks of provision.
- A total of 10 individuals engaged across the timeline, which is 2 more than capacity.
- Participants found out about the sessions via: Word of Mouth like through a friend, through the venue or through Community Connectors

Round 2: Together, We Make

- Monmouth Town Council funded project conducted by Inside Out Cymru (IOC) from July 2025 - September 2025.
- 12, 2-hour Art for Wellbeing sessions at the Bridges Centre, Monmouth
- There were 73 engagements across the 12 weeks of provision.
- A total of 12 individuals engaged across the timeline.





"I've never made anything from clay before so it was lovely to learn a new skill. It gives me better confidence and the knowledge that I can do new things."

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INSIDE
OUT
CYMRU

“I love the whole process,
just touching the clay feels
amazing. I have new things
to take home too which is a
delight, it makes me proud!”

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INSIDE
OUT
CYMRU

"I am just too tired to do anything but making myself come out to these sessions is changing my mindset for the better."

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“The company and the new skills have really helped my confidence and my self-esteem. I learned that I can be part of a group again and that I can be accepted for who I am, without judgement.”

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Consultation

- Steady consultation with our existing participants
- Responding to themes and patterns we learn from our partners, like the Monmouthshire Wellbeing Network

Innovations

- Collecting 'Subs' to cover room hire costs, ensuring the fund from MTC went directly to the facilitation costs and specialist skills.
- **Responded to need of the existing community**, therefore pulling forward the sessions from a September start to a July start.
- This impacted attendance both positively and negatively: we reached a broader range of people and young people, but attendance from regulars was down due to things like childcare.

Challenges

- Communication between Inside Out Cymru and participants
- Consistency of the project, steady delivery
- Managing waiting lists and attendance



Thank you

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