

'Exploring Parkinson's with Art' workshop

Lewis Glucksman Gallery University College Cork

Tuesday 28th July 2015
10.30–12.30pm

Workshop Aim

'To work individually and/or in pairs to express and share ones' personal experiences of Parkinson's disease in a creative, safe and non-judgmental space.

Process

All participants are invited to explore their thoughts/ideas/experiences through a variety of art materials provided by the Lewis Glucksman Gallery.

Participants do not need to be good at art to attend this workshop.

Mess making is accepted and welcomed.

The morning will be that of an open studio where participants are free to attend for the full duration of the workshop or that of their own intended time.

The workshop will be run by a member of the arts facilitation team in the Glucksman and **Ms G Ní Chuirrín**, Art therapist, IACAT registered, MA in Art therapy, Hdip in Ed, BA.

Schedule

10.30 – 10.45am – Coffee/tea, Introduction and Briefing.

10.50 – 12.15pm – Art making

12.15 – 12.30pm – Debriefing, evaluation and close.

Lunch to follow in Café Fresco

Outcomes

Participants will have gained a creative, safe and therapeutic environment to share their personal experiences of Parkinson's and to meet and support others who may be directly and indirectly affected. It will bring the Parkinson's community together through art. They will create a piece of art that responds to their own feelings. The artwork produced will be exhibited at the upcoming exhibition.

The aim is to SUPPORT YOU and YOUR LOVED ONES!