

Welcome to **create & bloom**



South West
Yorkshire Partnership
NHS Foundation Trust

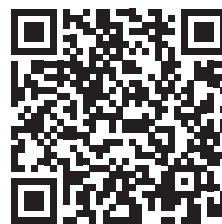


**This app will help
you to unlock your
creativity through
a series of
painting, drawing,
movement and
creative writing
exercises.**

Download the app now:



Google Play store

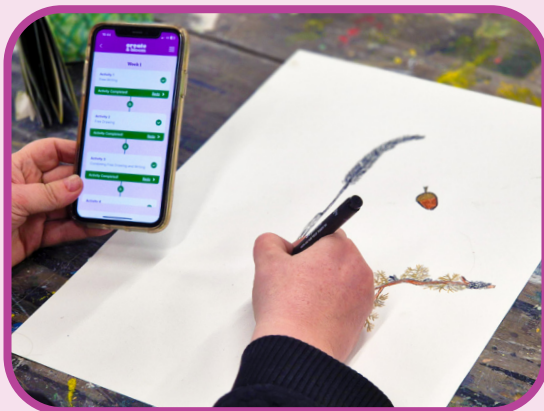


Apple store

Each series of activity, provided by our expert partners and supportive creatives will:

- Support you to build your skills and confidence
- Help develop your own artwork
- Unlock your style and expression
- Support your wellbeing
- Encourage you to spend time each day with creative activities
- Help you relax and unwind from day-to-day life

There is a combination of written, audio, visual worksheets and videos that you can access at any time, whenever and however long you need and can be repeated as you feel fit!



Find us on Instagram
createandbloomapp

Create & Bloom was developed by South West Yorkshire Partnership NHS Foundation Trust with additional funding from Arts Council England, Locala, Calderdale Cares Partnership and Calderdale Council.