

River Arts Collective

Community, Ritual & Creative Wellbeing

About the River Arts Collective

The River Arts Collective is the community heart of the River Arts Club. We exist to make creative wellbeing, emotional regulation, and restorative rituals accessible to individuals and communities who may otherwise be excluded from traditional retreat and wellbeing spaces. Through subsidised programmes, community classes, and practitioner training, we create safe, inclusive pathways into nervous system support, creative expression, and embodied self-care.

Our Community Mission

We work with adults and young people experiencing burnout, anxiety, emotional dysregulation, isolation, and life transitions, including NHS workers, carers, veterans, disabled individuals, LGBTQ+ communities, and those navigating neurodiversity. Our work is rooted in dignity, autonomy, and choice — meeting people where they are, without diagnosis or pressure, and offering practical tools they can use in everyday life.

Training in Rituals & Self-Soothing Practices

A core part of our work is training individuals, facilitators, and frontline practitioners in simple, evidence-informed rituals that support emotional regulation and resilience. This includes practices such as grounding, sensory anchoring, breathwork, micro-ritual design, and self-soothing sequences that can be used in homes, workplaces, care settings, and community spaces. Our training programmes are trauma-aware, accessible, and designed to empower people to support themselves and others safely.

Community Studio Classes

The River Arts Collective runs regular, low-cost and subsidised studio classes at the River Arts Club, offering movement, creative, and restorative sessions in a non-clinical, welcoming environment. Classes may include somatic movement, gentle strengthening, creative workshops, guided rest, journaling, art, and embodied regulation practices. These sessions are designed to be accessible regardless of experience, fitness, or background, and to provide a sense of belonging as well as practical tools for everyday wellbeing.

Integrated with the River Arts Club

While the River Arts Club hosts commercial retreats, offsites, and private gatherings, the River Arts Collective ensures that the space also serves the wider community. Income from commercial activity helps subsidise access for those who would not otherwise be able to attend, creating a sustainable model where beauty, calm, and care are not reserved only for those with financial privilege.

Why This Matters

We believe emotional regulation, creative expression, and rest are not luxuries — they are foundations for healthy individuals and communities. The River Arts Collective exists to quietly and consistently rebuild these foundations, one person, one ritual, and one class at a time.

For partnership, referrals, or community collaboration enquiries, please contact the River Arts team via the River Arts Club website.