



glossop  
ARTS  
PROJECT

**Presents**

**Mind the GAP**

**14-18  
year olds**

**Arts for  
Wellbeing**

**No Art  
experience  
necessary!**

**FREE!**



**FRIDAYS  
12:30-  
2:30PM**

**VICTORIA HALL**

**(The Old Library)  
Talbot St,  
Glossop, SK13 7DQ**



# Mind the GAP

Glossop Arts Project are now offering sessions for 14-18yr olds. We call it arts for wellbeing - its for young people who might be struggling with things like anxiety or low mood, lack of confidence or self-esteem, young people who might feel socially isolated and just want a bit of time out with other like-minded young people.

We will be offering free lunch and a variety of arts and crafts activities and more, in a relaxed and informal atmosphere.

You can choose how much or how little you do, and we want to hear your ideas about how we can make it better - these sessions are for you!

For more information please contact Elle on 07821873424 or email [Elle@glossopartsproject.org](mailto:Elle@glossopartsproject.org)

You can also find us on Facebook and Instagram.



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