



Ark-T received £10,000 from Well Together to support the delivery of “Art Nest” after-school club for primary school children and “MySpace (Online)”, an online group for secondary school students.

Ark-T is an arts and community centre with a focus on mental health and wellbeing – a place where people, art and powerful ideas come together. For over 20 years, Ark-T has created safe and inclusive spaces where people of all ages and backgrounds can take part in the arts and experience the positive impact creativity has on mental and physical health. They provide free to access, person-centred creative programmes which bring people of all ages together to enjoy shared experiences and support for people to use their creative talents to make a difference in their communities.

“I like the peacefulness, its messy but fun and there are many opportunities to do art.”



MYSACE (ONLINE)

MySpace (Online) is a weekly creative wellbeing group for 10 to 14-year-olds who are struggling with school attendance due to emotional challenges. Sessions take place online with a termly opportunity to meet in person. Materials packs are sent out to all participants before they start sessions. Participants are given opportunities to exhibit their artwork as part of twice-yearly exhibitions.





ART NEST AFTER- SCHOOL CLUB

Art Nest is an after-school club at Orchard Meadow Primary School in Blackbird Leys, providing a creative and nurturing space for up to 8 children aged 5-11. The club focuses on arts, creativity, and wellbeing, offering a relaxed environment where children can engage in creative projects, share food, and explore stories and poems.



By fostering self-expression and peer support, the sessions contribute to emotional wellbeing and resilience. Sessions take place once a week for two hours at the school in The Art Nest.



**“I’ve really enjoyed
volunteering at The Art Nest
over the past few months.
From doing the art activities, to
getting to know the children
over the weeks, it’s been lovely
watching them all grow in
confidence and express their
artistic talents.”**



www.ark-t.org/