The Creative Couch

Free Arts-based activities to do at home

A project by: T!NARTS

Funded by: County Durham Community Foundation

Who are TIN Arts?

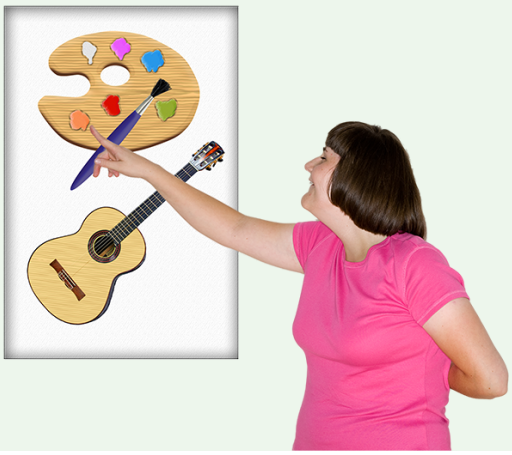
TIN Arts are an organisation based in Durham.

TIN Arts run lots of arts-based activities like dance, drama and music.

TIN Arts also work in schools and communities across the North East of England.

What is The Creative Couch?

A project providing arts-based activities to do at home.



Activities include things to:

- do
- make
- watch

The Creative Couch is **free** – it does not cost any money to take part.

Who is it for?

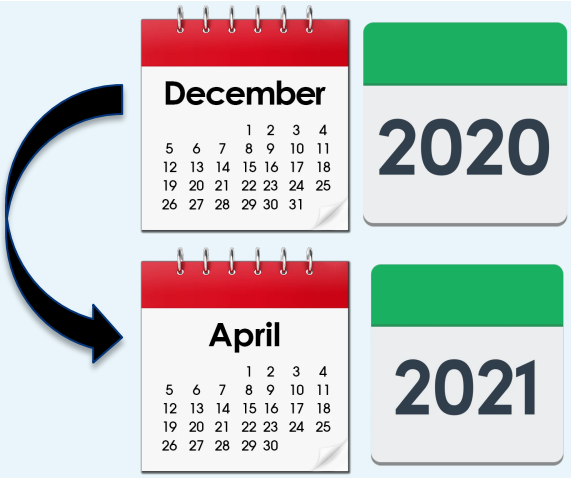
The Creative Couch is for anyone aged 18 and above who:

- Lives in County Durham

- has a learning disability, or

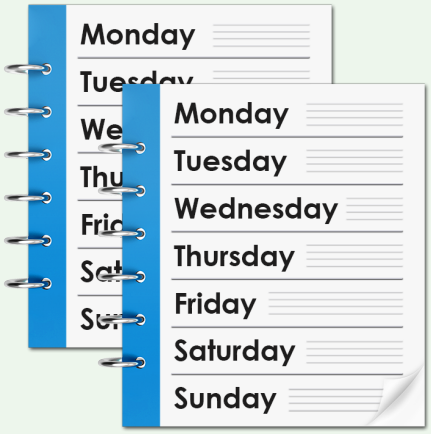
- autism

How does it work?

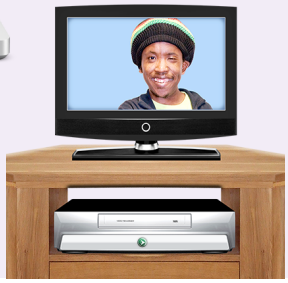


The Creative Couch runs from December 2020 until April 2021.

1 x



Once a **fortnight** you will be sent activities by email or through the post.



To take part, you must have either:

- An email address, Internet access and a printer

  or

- A device you can watch DVDs on

How to take part

Ring TIN Arts on
0300 124 0448

Or email
thecreativecouch@tinarts.co.uk

Tell us whether you would like to either:

- Be sent an email with a link to our YouTube channel

Or

- Receive a DVD through the post to your home (include an address)