

Portugal Prints

Wandsworth & Westminster Mind's Creative Arts Recovery Project
www.wmind.org.uk



mind
for better mental health
Wandsworth &
Westminster



Arlington House, 220 Arlington Road,
Camden, London, NW1 7HE
T: 020 7267 7809
E: pp@wmind.org.uk



Visit to the Victoria and Albert Museum



Still life - painting techniques workshop at Portugal Prints' Camden studio



Landscape by PP artist Chris Bird, featuring in the Mind Calendar 2017

About Portugal Prints

Portugal Prints has over 30 years experience promoting positive mental health and wellbeing through the creative arts, work experience and learning.

Working within Wandsworth and Westminster Minds' network of high quality services we offer a holistic support program: creative arts workshops, therapeutic groups, key working, commercial work experience, training and volunteering opportunities.

Our aim is to promote recovery by enabling people who experience mental health issues to overcome barriers, fulfil their potential and feel part of the wider community.

What do we offer our members?

Person-centred planning With over 20 creative classes on offer each week we support our members to create a personal work plan tailored to their needs and aims.

Free taster sessions

We hold free monthly taster sessions on the 1st Wednesday of each month.

This is a great opportunity to experience one of our regular art workshops, drawing • painting • printing • design... and more!

Call 020 7267 7809 to book a place or arrange a visit on another day.

How to join Portugal Prints

Eligibility for membership We welcome referrals all year round from anyone over 18 who is experiencing and managing mental health issues.

You can come along for anything between half a day and 3 days per week.

To join PP you will need to have current contact with Mental Health Services, ie have a Care Plan Approach (CPA), a personalised budget or you could be referred by your GP. We also support self-referrals.

Contact us for more information
Tel: 020 7267 7809
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Our timetable

PORTUGAL PRINTS is open four days a week; Tuesday to Friday and you can come along for anything from 1 half day up to 3 full days per week. Most sessions run 10.00am-12.15 or 1.15-3.30pm. The list below shows the range of workshops and activities we have on offer.

ARTS WORKSHOPS

- Painting, drawing and sculpture
- Lino-printing/mono printing
- Mixed media collage
- Life drawing
- Art therapy
- Card making
- Photography
- Creative writing

COMPUTER TRAINING

- Design skills/training: Photoshop, Indesign, Illustrator. Digital art
- Microsoft Office and Internet skills beginners/refresher course

WORK EXPERIENCE / PERSONAL AND PROFESSIONAL DEVELOPMENT

- Facilitating art workshops - training
- Commercial design work experience
- Supporting in house publicity, social networking, administrative work and promotional presentations
- CV surgery
- Volunteering opportunities
- Greeting cards: production and sales
- Exhibiting and promoting your art work: creating a digital portfolio and online gallery
- Gallery visits and outings

HOW TO FIND US:

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By tube

The nearest London Underground station to Arlington house is Camden Town (Northern Line)

By bus

The following buses stop in Camden Town: 24, 27, 29, 31, 46, 88, 134, 168, 214, 253, 274, C2