



## CAS PRESS RELEASE

# Our Positive Futures

### *Art Journaling creates splash of colour to support lockdown lives*

CAS (Chapel Arts Studios), in partnership with **Core Art Journaling**, are pleased to announce their first art for health and well-being exhibition. The show will be held at the Unity Art Studio in the Chantry Centre, Andover from 20-29 May 2021. Meeting both in person for the first half, and then online throughout the lockdown period, a small group of participants, led by artist Deborah Porter of Core Art Journaling, have produced a body of dynamic and colourful collaged work, documenting their own personal journey and demonstrating how art can be a powerful tool for wellbeing

**Deborah says:** *“CAS arts and I wanted to offer a non-judgemental space for adults looking for a regular wellbeing tool. Our sessions were a safe space for participants to unload their emotions and process how they were feeling.”*

**Group member:** *“Putting relaxation and mindfulness into action. Always came out of my session feeling brighter and looked forward to it all week.”*

*The general public can visit the exhibition between 10am and 4pm, Thursday to Saturday 20-29 May 2021*

#### Further info...

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All Social Media: @CASartists

**About CAS** (Chapel Arts Studios) is a contemporary visual art organisation and part of Arts Council England's national portfolio, based in St Mary's Cemetery, Andover. In everything we do, CAS aims to inspire, challenge, engage, collaborate and include. Our programmes support and develop artists, provide creative education for young people, and bring art to local communities.



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