

Studio Programme

Jan to Mar 2026

hello@malvernarttherapy.co.uk
www.malvernarttherapy.co.uk

What does it cost?

Regular groups

price per session
Low income £5
Actual cost £10
Pay it forward £15

Artist-led & short courses

price per session
Low income £10
Actual cost £15
Pay it forward £20

Paying what you can helps us keep prices low for everyone.

Mondays



A gentle, sociable, creative start to the week with resident Artist, Lynda Whitehouse

Drawing, mark making, printing - suitable for all

Term-time mornings

10am - 12:30pm
starts 12th January

Prices start
£10

Art materials & hot drinks included

Drop-in.
No need
to book

Tuesdays



No-pressure, self-directed artmaking sessions for young adults who find socialising comes with a lot of anxiety.

People in their 20s who are neurodivergent, have experienced trauma, and who are exploring gender expression are welcome.

Contact us for details and a visit to the studio.

Prices start
£5

Thursdays



Art & Soul

Thursday evenings
starts 29th January
Email for more details

A 6-week evening course for adults who want to make time to explore thoughts and feelings through the use of images and art materials

Prices start
£10

Saturday mornings

10am to 1pm

Saturday Open Studio

A space to work on your own projects or start something new. Guidance on-hand.

Prices start
£5



Every Saturday, except

Anxiety Art

Last Saturday of the month



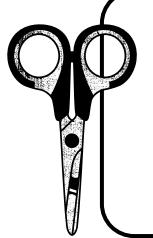
CAFÉ
Run by and for people who get anxious in groups

Prices start
£5

Saturday afternoons

ZINE MAKING WORKSHOPS

Sat 7th February
Sat 14th March
2pm-5pm



Drop-in.
No need
to book

Prices start
£5

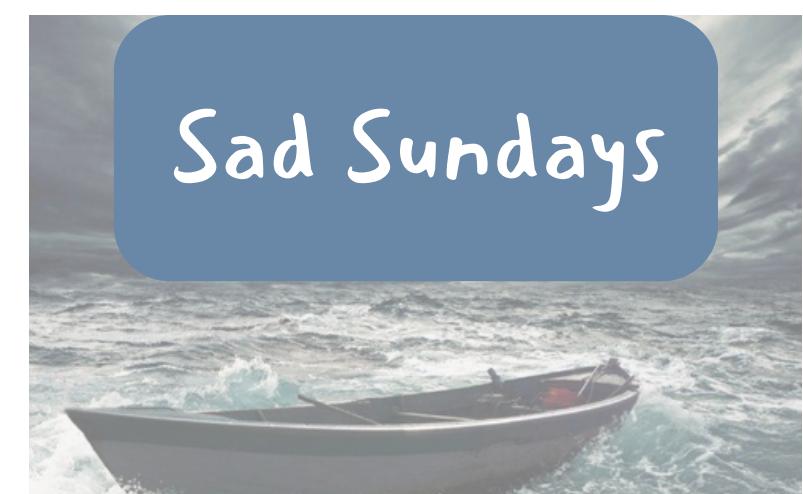


Prices start
£5
Sat 28th February
Sat 28th March
2pm-4pm

Origami Workshops with Alec @okaorigami

Sunday afternoons

Sad Sundays



A gentle, creative group to explore feelings that come with grief and loss. A person, a relationship, beloved pet, a former version of yourself. Guidance, starting points and themes are offered.

Please
email to
book

Prices start
£5
25th January
1st March
29th March



Please contact us about private Art Psychotherapy, including subsidy if you are on a low income

The studio is available to artists, therapists and community groups for hire in evenings and weekends