

Community Art Therapy Studio Programme Oct, Nov, Dec 2026



Art Exhibition

Studio members' Group Show
downstairs at Malvern Library
throughout October



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

Wellsprings Studios
behind Goldsmith's jewellers
28-30 Belle Vue Terrace, Great Malvern

Anxiety Art Club

A slow-paced,
friendly group for
arts & crafts, having
a coffee, chatting
or being quiet.



£5

Run by and for
people of all ages
who get anxious in
groups.

Friday afternoons
Please email to arrange
an initial visit.

Supported Art Groups

Coming soon...

Evening support group for newly-realised
Neurodivergent Adults
You've got the diagnosis... so now what? Informal weekly
sessions to share questions, experiences, strategies,
offloading, unmasking. Optional art-making too.
Please get in touch for details.

What do we charge at the studio?

Supported groups price per session

Low income £5
Actual cost £10
Pay it forward £15

Artist-led workshops usual price per session

Low income £10
Actual cost £15
Pay it forward £20

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

Please contact us about
private Art Psychotherapy,
and affordable
Art Therapy groups

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

MCAT is run by Art Therapy Collaborative Community Interest Company



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.

Email for details
and a visit to the studio

Sad Sundays

25th Oct
29th Nov



£5

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.

Email to
book

Joy-Us Creations!

Price starts
£5

Sat 31st Oct
Sat 28th Nov
2-4pm

Easy going, no-stress, crafting workshops using
recycled textiles and natural materials.
Led by members of the Joy-Us women's group.

email to book:
hello@malvernarttherapy.co.uk

Halloween Linocut printing with AJ

Price starts
£10

Sat 24th Oct
2-4pm

email to book:
hello@malvernarttherapy.co.uk

Sketch Walk

18th October
2pm

Sunday afternoon
group ramble
with sketchbooks.

All welcome. Free to join.
Meet at the studio 2pm

Slow Sew Saturday

Explore the relaxing rhythm of hand
sewing. Learn easy embroidery stitches
to create small sewn pictures.

Price starts
£10

24th Oct
14th Nov

Materials provided
Suitable for all

11am to 1pm

email to book:
hello@malvernarttherapy.co.uk

SoulCollage®

Introductory session with Jayne Power

A playful and
powerful process
towards self-
awareness and
self-acceptance

Sat 28th Nov
10am - 1pm

email to book:
hello@malvernarttherapy.co.uk

Price starts
£10

Origami workshop

Price starts
£5

Saturday
12th Dec
2 - 4pm

Drop-in.
No need
to book

with Alec
@okaorigami

Drop-in sessions at
the studio.

Art materials, hot
drinks and guidance
on hand.

Bring your own
project or try
something new

Saturdays

10th Oct 10am to 1pm
14th Nov 2pm to 5pm
12th Dec 10am to 1pm

