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YMDDIRIEDOLAETH
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CASTLE TRUST



Cyngor Celfyddydau Cymru
Arts Council of Wales



6 May 2015

For immediate release

Culture for better mental health

Arteffact is a unique project in North Wales using museum and archive collections to inspire creativity and promote mental well-being. This project specifically aims to help people age 18 and over who are living in the community and experiencing stress, depression or anxiety.

Arteffact is a course of creative workshops that take place in museums, galleries and archives. A professional artist leads each workshop and participants are encouraged to develop their creativity by engaging in projects stimulated by the collections. The unique mix of inspirational surroundings, beautiful and fascinating artefacts, good company, creative work and a supportive atmosphere all contribute to an increased sense of well being for participants.

'I can get rid of all my anxiety ... lose myself in what I am doing'

Arteffact founder member and Deputy Director of Bodelwyddan Castle Trust, Morigan Mason, says: "*Arteffact offers an alternative way for people to manage their mental health. The benefits of taking part in cultural activities on mental health and well being are well documented. Our courses offer participants a way to connect to their culture and heritage through art*".

Arteffact 2015 is running four 12-week courses in four venues from May and June. The courses are at Oriel Ynys Môn, Caernarfon Archive, Conwy Archive and Bodelwyddan Castle. The courses are fully funded and all materials are provided.

To find out more, contact Maria Hayes (*Artefact* Manager) on me@mariahayes.info or call 01766 830049 / 07817 297922.

Dates and venues for ***Artefact 2015*** are:

1. Oriel Ynys Môn, Llangefni (10am – 3pm)

Artist: Bev Belshaw

May: 28

June: 4 / 11 / 18

July: 2 / 9 / 16 / 23 / 30

Sept: 9 / 16 / 23

2. Gwynedd Archive, Caernarfon (10.30am – 3.30pm)

Artist: Morgan Griffith

June: 5 / 12 / 19 / 26

July: 3 / 10

Sept: 11 / 18 / 25

Oct: 2 / 9 / 16

3. Conwy Archives, Llandudno (10am – 3pm)

Artists:

Wendy Couling

June: 10 / 17 / 24

July: 1 / 8 / 15

Fiona Collins

Sept: 15 / 22 / 29

Oct: 6 / 13 / 20

4. Bodelwyddan Castle, Bodelwyddan (10am – 3pm)

Artist: Karen Ball

June: 4 / 11 / 18 / 25

July: 9 / 16

Sept: 10 / 17 / 24

Oct: 1 / 8 / 15