

Contact: Sarah James (Customer Involvement and Communications Manager)

Telephone: 01432 384012

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## **Herefordshire Housing Arts Project Improves Residents Wellbeing**

Herefordshire Housing's Head Office transformed into an Art Gallery this week to showcase the work of some of its older residents.

Residents across the county have been taking part in a Wellbeing Arts Project, creating art work which reflects their memories and personal stories.

Head of Housing Laura King said "The project aims to bring older people together in a fun and relaxing environment where they can learn new skills or rediscover old ones. It is open to all residents regardless of any barriers they may have and meets the hidden needs of residents particularly in rural areas."

The exhibition of work was opened by Cllr Olwyn Barnett "The work I have seen is a revelation to me. So much joy and reward has come to so many people with this project. It is true: the simple ideas are always the best."

The types of activities available at the weekly sessions include painting, ceramics and working with textiles. Herefordshire Housing Ltd will be rolling the project out to other areas with a third group forming in Ross on Wye in the New Year.



*From left to right Housing Support Advisor Rose Bryant, Housing Support Services Manager Kim Davies and Project Coordinator Jeanette McCulloch*



*Pictured: Residents enjoying an arts session*

#### **Notes to Editors:**

This project was run by Herefordshire Housing Ltd's dedicated Housing Support Service which aims to support people to live a full independent life in their own

home. The support is tailored to meet the needs of the individual. At this time the support is free to anybody with a proven need.