

Cocreate

making beautiful things happen together

www.cocreate.org.uk



Who we are & what we do..

CoCreate Dorset is a Community Interest Company working in the field of arts, health and wellbeing, established in 2019.

We have particular expertise in the field of mental health and wellbeing but we are also skilled in working with people with a range of needs, including Deaf and disabled people, people with learning disabilities, older people, carers and those living with dementia.



We know from experience that being creative is good for you & so is connecting with nature.

We put that knowledge at the heart of our work when we *CoCreate* amazing participatory arts projects with individuals, communities and organisations.

We believe in the transformative power taking part in amazing creative experiences can have. To be human is to create, and when we do we make not only beautiful art but also we develop ourselves, our communities, and our understanding of our place in the world

We regularly work with & in nature as part of our working practices and projects.

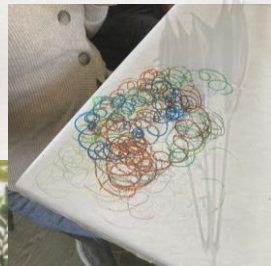
Stepping into Nature Projects

Explore – 3 taster sessions with Vision Impaired participants working with Dorset Blind Association

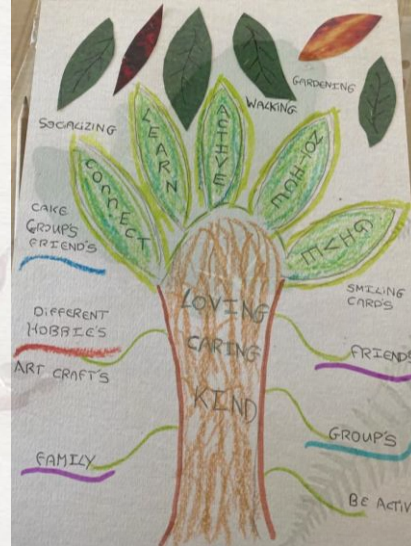
Art, nature and self-care – 5 weeks/ ways to wellbeing for a wide range of participants in partnership with Social Prescribers from Highcliffe Surgeries

Hands Together – 10 weeks working with the Deaf community in partnership with sight & hearing team at Millbrook Healthcare

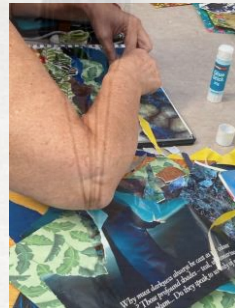
Explore



Art, nature & self-care



Hands together



CoCreate

Thank You

info@cocreate.org.uk

www.cocreate.org.uk

Anna



Gemma



Rosie

