

MEMORY CUSHIONS

CREATE A LASTING MEMORY!

**Have you recently been
bereaved? And live in
Manchester?**

YOU ARE INVITED TO
CREATE A MEMORY
CUSHION WITH ARTS
HEALTH PRACTITIONER
RUTH FLANAGAN
NO EXPERIENCE IS
NECESSARY. THIS
COURSE WILL BE
DELIVERED ONLINE.
TO FIND OUT MORE
PLEASE EMAIL
RANDRCREATIVE@
HOTMAIL.COM

THIS PROJECT HAS BEEN FUNDED BY
MANCHESTER HEALTH AND CARE
COMMISSIONING.



“There is a need for repetition, sorting and touching as aids to healing.”
(Brian Dillon, In The Dark Room, Penguin, 2005)

This arts-health project is designed to offer residents of Manchester who have been bereaved an individualised framework of creative support through the making of ‘Memory Cushions’.

Working in small groups online via Zoom, Arts Health practitioner Ruth Flanagan will guide participants to each make their own ‘Memory Cushion’ using textiles, found objects, photos and the printing of words. Each participant will be encouraged to find their own source materials.

No sewing skills or artistic experience will be necessary, the workshop is open to all. Access to a computer and the use of video conferencing software Zoom would be preferable. However, other options can be discussed.

The proposed date would be to start in late September 2020, at a regular weekly time over 4 consecutive weeks.

To find out more please email Ruth at RandRCreative@hotmail.co.uk



Manchester Health & Care
Commissioning

A partnership between
Manchester City Council
and NHS Manchester CCG