



arts  
and  
minds

# Art Explorers in East Cambs

A series of mindful journeys with art and creativity

## Upcoming workshops:

**Virtual workshop - Keith Haring and the Art of Doodling**  
(join via Zoom), 25th October 6:30pm - 8:30pm

This online session explores the art of doodling and its positive impact on mental health.

**Patterns & Stories - The Kite Trust (Ely), 26th October**  
7pm - 9pm

For young people aged 18 - 24. This session is designed for young people to explore cultures and traditions through pattern making.

**To book your place/s on up to two workshops**  
**visit: [bit.ly/art-explorers](https://bit.ly/art-explorers)**

For more information email  
[admin@artsandminds.org.uk](mailto:admin@artsandminds.org.uk) or  
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