



CREATIVE JOURNEYS

FREE interactive arts and radio sessions for Carers of all ages



106.6 FM

Listen to the Creative Journeys Carers feature on BCB Radio here!



Tune in every **second and fourth Wednesday of the month at 11.45am** to listen to the Creative Journeys Carers feature in 'About Bradford', created by Carers for Carers, or listen again at: www.podcast.canstream.co.uk/bcb/

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CREATIVE JOURNEYS

FREE interactive arts and radio sessions for Carers of all ages

Make new friends and learn new skills whilst exploring visual arts including painting and drawing, creative writing, music and radio. The sessions are **FREE** and open to anyone who is a Carer, whether or not you have any experience in the arts or radio.

Come and get involved! Sessions run every **Wednesday from 10am to 12.30pm** at The Delius Arts and Cultural Centre, 29 Great Horton Road, Bradford, BD7 1AA.

For more information, or to book onto the sessions, please call Elly on **01274 256927** or email **elly@artworkscreative.org.uk**



Creative Journeys is a partnership project between Artworks and BCB Radio, especially for people who look after a family member or friend who has a long-term physical and / or mental illness or disability.