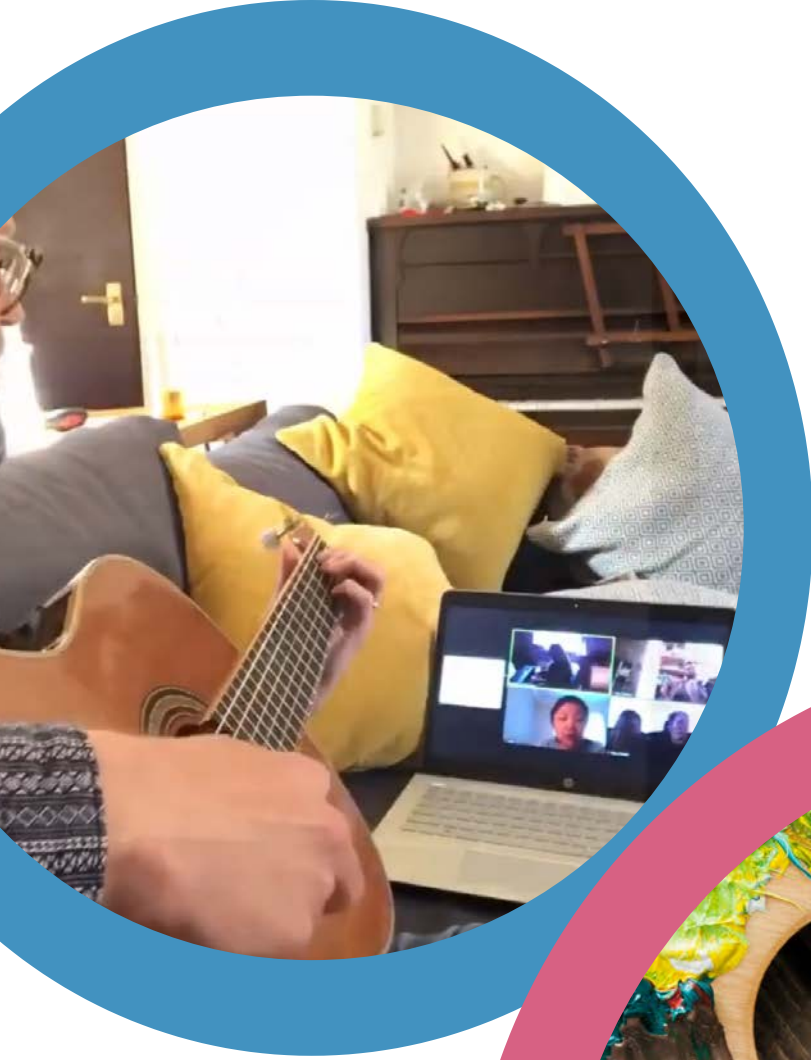


# Creating Better Mental Health



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# Who are Unforgettable Experiences?

Unforgettable Experiences are a not-for-profit social enterprise who provide personalised care, technical support and live, creative and interactive artistic sessions online.

*"Arts participation helps to safeguard mental health, wellbeing and independence in older people and enhances brain function, improving resilience to dementia\*."*

## Benefits to you...

- Improve your focus, attention and concentration.
- Improve or slow the decline of cognitive function.
- Create new memories and inspire reminiscence.
- Improve communication, increase your mood and confidence.
- Discover your creative side and learn new skills
- Meet like-minded people who share similar experiences and interests.

\*SOURCE: APPG on Arts, Health and Wellbeing inquiry report - Creative Health - The Arts for Health and Wellbeing (July 2017)

# What happens next?

You will have been given this leaflet following a conversation with your health and social care professional. Unforgettable Experiences will have been passed your contact information following your consent. We will be in touch to discuss the service and support available in more detail and register you to take part.

RECEIVE 12  
FREE  
SESSIONS

WITH  
THANKS TO  
THE  
NATIONAL  
LOTTERY  
COMMUNITY  
FUND

**STEP 1 - We will  
organise a call to  
understand your  
needs and explain  
how we can help**

**STEP 2 - We will  
match you with our  
Digital Activity Buddy  
to help you  
each week.**

**STEP 3 - Choose from:**  
Arts and Crafts  
Creative Writing  
History  
Music  
Film and Photography



“Thank you so much for the wonderful art classes. I really enjoyed them. It’s helped me with my memory so much, my children have seen a change in me, I am more observant now than before and I feel alive now.”

“Both individuals feel the experience has had a massive impact on their life and mood state and feel very connected at this strange time.”

Community Psychiatric Nurse

"I was literally lost for words and cannot tell you how empowered I feel in being given the time through writing down my thoughts and emotions".