

# The Creative COUCH

Free Arts-based activities promoting  
physical activity and creativity at home

A project by:

T!NARTS

Funded by:



# Who are TIN Arts?



TIN Arts are an organisation based in Durham.



TIN Arts run lots of arts-based activities like dance, drama and music.



TIN Arts also work in schools and communities across the North East of England.

# What is The Creative Couch?



Creative Couch provides physical activities and arts-based projects to do at home.



Activities include things to:

- do
- make
- watch



The Creative Couch is **free** - it does not cost any money to take part.

# Who is it for?

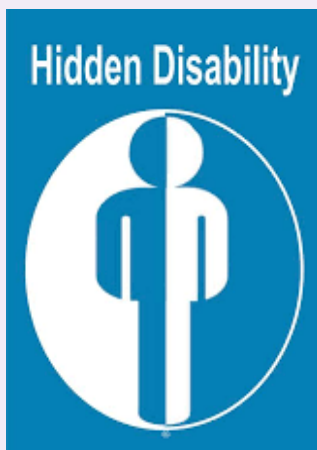


The Creative Couch is for anyone aged 18 and above who:

- Lives in Tees Valley

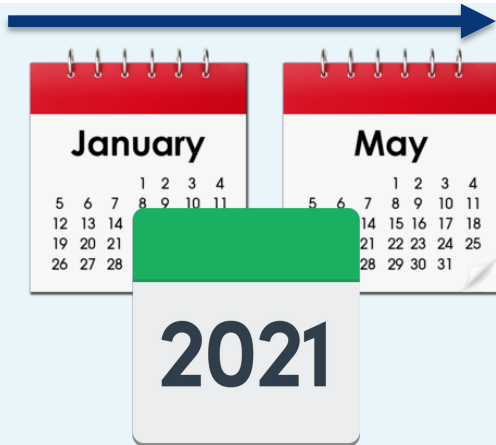


- has a learning disability



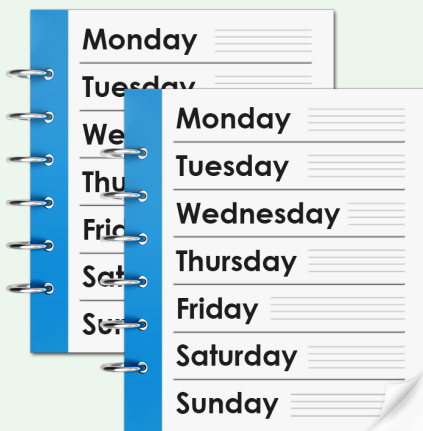
- or is autistic

# How does it work?



The Creative Couch runs from 25 January to the 17 May 2021.

1 x



Once every two weeks you will be sent activities by email or through the post.



To take part, you must have either:

- An email address, Internet access and a printer
- or
- A device you can watch DVDs on

# How to take part



Ring TIN Arts on 0300 124 0448



Or email

[thecreativecouch@tinarts.co.uk](mailto:thecreativecouch@tinarts.co.uk)



Tell us whether you would like to either:

- Be sent an email with a link to our YouTube channel



Or

- Receive a DVD through the post to your home (include an address)