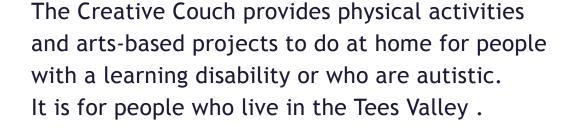


## Free Arts-based activities promoting physical activity and creativity at home







Activities include things to:

- Do
- Make
- Watch



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





To find out more or to register to join The Creative Couch ring TIN Arts on 0300 124 0448 or email <a href="mailto:thecreativecouch@tinarts.co.uk">thecreativecouch@tinarts.co.uk</a>

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