

**"I look forward to the art group every week; I have learnt new things and everyone is so friendly. It's so calming and re-assuring, everyone is at different stages and you never feel judged."**



**"Coming here has got me back on my art. It's good to be among people to have a chat. I feel sure I am on the mend."**



**"Since having a stroke I find the art group very therapeutic, not just the art but the socialising. The group is varied with people from all walks of life and we all have fun!"**



**"It brings me to life! Due to my limited mobility I find it difficult to sustain long spells of activity, so CYL is just right. It has even led to further education and my wish to do an open university arts and design degree. I would have never thought about this without CYL"**



**"Since being advised by my psychologist I come along to forget my worries and find it is a good pick me up for the rest of the week."**



**"Colour your Life has helped me a great deal. Being bi-polar I did not like to leave my house. At first I found two hours a long time to be out, now I feel it's not long enough."**



**"I don't get out much so this group is very important for me as it's something I can look forward to. It's something I make an effort for."**



**"Colour your Life is an excellent programme, it is somewhere my clients can feel safe and partake in therapeutic processes which not only help them relax but allows them to engage with other members of the group."**





**"Colour your Life gives me something to look forward to each Monday. It keeps me focused as I suffer from Post Traumatic Stress disorder. It brings joy to my soul."**



**"It has been nice to spend time with my daughter as she cares for me and so when we go singing and do drama we are in a different relationship."**



**"Coming to the sessions helps to break the monotony of the week up. The rest of my life is managing pain."**

**This is the part of my life where I get pleasure!"**



**"I have a problem with thoughts rushing through my head. I find these sessions slows this down as I relax and enjoy my time here."**



**"I haven't got a lot of confidence especially since my husband died last year."**

**I always did things with him - he used to drive me everywhere, so I needed to build up my confidence and skills."**

**"I have enjoyed the course, it has influenced the rest of my life. I am now able to go out and meet people. It has helped my confidence a great deal and I am finding I am thinking clearer and leading a normal life."**



**"Coming to the pottery class gives me a reason to get up. I look forward to the class and it provides an escape from the miserable reality of my life at the moment."**



**"I am a wheelchair user and have mental health problems. If I did not attend I would be sat at home."**

**When I first came I was very nervous but my confidence has grown in my craft work and my social skills."**

**I continue these skills at home. The staff are very friendly and helpful."**



**"Colour Your Life workshops have helped me on my road to recovery and I feel so much better now than I did before."**