



Artlink Central

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Artspace



Artspace is Artlink Centrals' dedicated arts programme working with adult participants with diagnosed mental health problems across Stirling. The programme is designed to support participants in a "pathways to recovery" approach for their mental health.

The programme has been commissioned by Stirling Council Social Care.

Our programme provides a safe environment for participants to engage and participate and develop their arts practice and to engage with professionals and organisations working within culture. The programme works across arts, in sessions you work with a professional arts practitioner to learn new skills and take on personal projects or set your own personal goal plan.

A visual art programme is currently offered on a Tuesday afternoon in Stirling between 2pm-4pm.

The sessions offer the chance to meet new people and relax in a safe environment, gain confidence, build resilience, learn new skills, and meet new people

The programme includes the opportunity if you choose, to work in residence, to exhibit, perform, write and to take part in national festivals such as the Scottish Mental Health Arts and Film Festival. You do not need to have any arts experience to join the programme.

The programme is an evaluated service and information gathered at the programme is reported back to Stirling Council's Social Care and Commissioning team who commission this service and shared with and NHS Community Mental Health Services.

Participants must either self-refer or be referred to be allocated a place. For further information or a referral packs please email info@artlinkcentral.org or call 01786 450 971