



## *out of the BLUE*

### *How are you?*

Are you **bereaved, affected by, or exposed to SUICIDE?**  
Would you like to take part in supported creative activities, alongside others with lived experience, designed to help you in coping with grief?

**out of the BLUE** is offering people in Powys positive & professionally led creative sessions, with a focus on providing gentle participatory experiences in the creative arts, hands on gardening & traditional craft making.

Sessions will take place at: -

**Mid Wales Arts Centre** 10:00 - 15:00hrs

on Mon 31 Oct, Tues 01 & Weds 02 Nov 2022

**Fathom Trust** 10:00 - 15:00hrs

on Weds 02, 09 & 16 Nov 2022

All are **WELCOME**, places are **FREE**, refreshments will be provided and we aim to offer any support you may need beforehand & on the day to enable your attendance.

For more information or to book please email

**[PTHB.CreativeArts@wales.nhs.uk](mailto:PTHB.CreativeArts@wales.nhs.uk)**

or or from 03 Oct 2022 call **01874 442030**

Please book by **Mon 17 October 2022** –  
we look forward to welcoming you!

**out of the BLUE** offers inspiring, meaningful arts encounters for people experiencing grief and bereavement as a result of suicide with the aim of bringing pain relief and the restoration of hope / life affirmation through creative expression.

**out of the BLUE** consists of a programme of arts interventions involving a series of enjoyable participant focused & artist led sessions.

The **out of the BLUE** project is led by Powys Teaching Health Board, funded by the Arts Council of Wales & Baring Foundation with partnership support from Powys County Council.

Your lived experience and engagement in the project can help us to form a holistic support model for the future in meeting yours and other people's needs in shaping user led services.

You can help us to help others like you by sharing your experiences & contributing to developments in planning supportive services.

*making memories; creating legacies;  
honouring the lives of those loved & lost..  
an ODE, a LITANY, a PRAYER, a WISH..*



Bwrdd Iechyd  
Addysgu Powys  
Powys Teaching  
Health Board

**Bereaved by  
suicide**

**Or suspected  
suicide?**

**Find help now**



*'The object of Art is to  
give life a shape.'*  
William Shakespeare

