

Conquest Art



Conquest Art is a unique charity providing art groups for people with a range of disabilities or other health concerns.

Our friendly **Conquest Art** group meets every Monday, 14:00-16:00 in the Link Room. No art experience is necessary; all materials and refreshments are provided. The first session is free, thereafter £1.50 per week, plus an annual subscription of £5 to the parent organisation.

Art can be invaluable in helping people to regain confidence in their abilities and to find happiness through self-expression.

People with conditions such as Parkinson's disease, arthritis or who have had a stroke, often find themselves isolated because of their lack of mobility or ill-health.

Conquest Art groups provide a social activity with a purpose as well as an opportunity for members to express their feelings and gain a sense of achievement.

From our range of resources, Members can choose techniques which suit their own style and level of ability allowing them to work at their own pace.

Come along and enjoy the benefits that art can bring, make new friends and have fun.

For more details of our local Conquest Art group, use our contacts page. And we'd love to see you at our annual exhibition at Bourne Hall from the 9th to 20th October 2018.

