



Mental Health and Wellbeing Summer Term Newsletter 2022.

Welcome back to our summer term, we hope you had a delightful Easter break. Our Wellbeing newsletter this time takes an in-depth focus on the local artist Anna Schofield, who I am sure you will remember produced a fantastic mural for our mindfulness area, here at South Hill School.



A little overview about Anna

Anna is a self-taught, experimental artist who also has an appetite for upcycling furniture. Her inspiration comes from the natural world and she says she is happiest when working outdoors because it allows her to become totally immersed in the process of creating, which has a calming meditative effect on her mood.

The psychological benefits of painting

Anna is also a trained mindfulness coach. She has used her knowledge to set up a number of art for well-being groups locally to support those who are experiencing mental health difficulties. Painting, is a wonderful vehicle to help alleviate mental health issues by way of helping to lighten stress or high anxiety concerns and stimulating an optimistic view.



Inspiring Art - in the Marlowes Shopping Centre.

During lockdown, Anna worked hard to create an art space for local people to be able to access the arts. She has curated and developed a gallery space called the Dacorun Creatives Art Hub.

South Hill School is very grateful to our wonderful PTA who arranged for Anna to paint this incredible piece of art work which will benefit both adults and children for many years to come. It has most definitely brightened up a very dull and uninspiring area.

Thank you for taking the time to read this terms newsletter and if you have any comments or suggestions for further newsletters please do not hesitate to contact me.



If any parents/caregivers feel inspired after reading this article to pick up a paintbrush, why not check out Anna Schofield's social media pages.

Internet: www.annasfunkyart.co.uk

Twitter: <https://www.twitter.com/annasfunkyart>

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