

# F.A.N. (Families Arts & Nature)

## Family Day

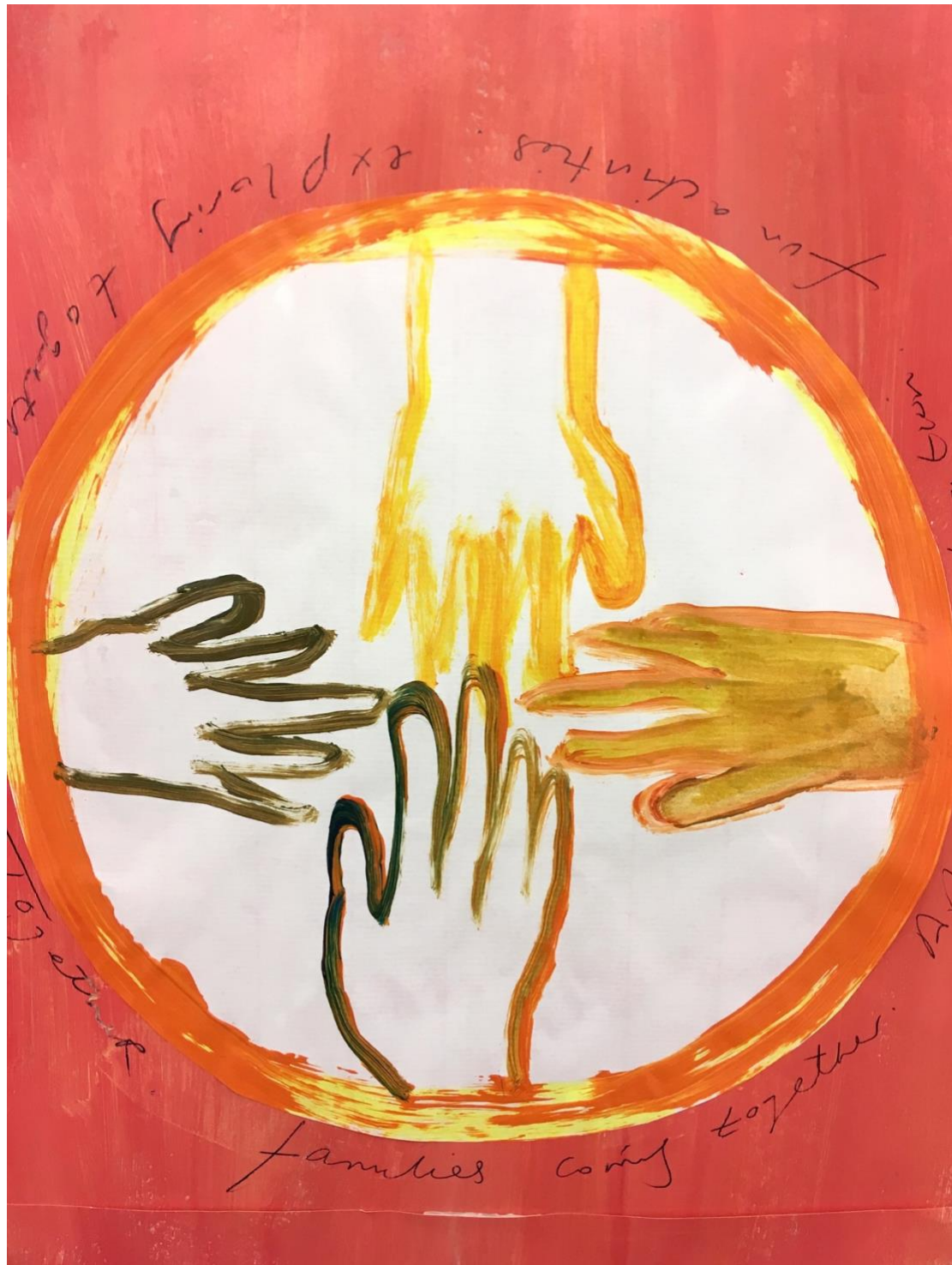
Exploring Nature and Art together – workshop for families with children aged between 5 and 12

Saturday 2<sup>nd</sup> March

10.30am-3.30pm

Berwick Village Hall, Station Road, Berwick

East Sussex, BN266SZ



This is a fun and relaxing family day, at the beginning of Spring, exploring Art making together using a variety of materials including mud rock (plaster bandage), paints, crayons, felt tips and fabric.

The day is jointly organized by an Inclusive multi-media artist and a systemic family therapist to offer an opportunity for the whole family to engage in art-based activities and share the enjoyment of nature and art making with other families and their children.

We will venture outside into the landscape in the morning, breathing in the fresh air and noticing the first signs of spring with new buds beginning to push through the dark earth underneath our feet. As we walk in nature we will be encouraged to forage for natural items that inspire us - the crimson veins on a leaf, the gnarled and jagged twigs fallen from the branch of a tree!

We will bring our treasures back into the hall where we will add these to the creations we make and have time to share our experience with others.

Wear warm and comfortable layers and if possible a raincoat and Wellies just in case. Please bring a packed lunch and maybe something to share with others too.

Tea's coffee's, juices and biscuits will be supplied. All art materials will also be supplied.

We would like to ask families to contribute towards the costs of running the day by giving a donation.

For more information about the FAN Family Day please contact Elaine Foster-Gandey at [efostergandey@gmail.com](mailto:efostergandey@gmail.com) And Chiara Santin at [Rainbow.ltd@btinternet.com](mailto:Rainbow.ltd@btinternet.com)

Elaine Foster-Gandey is an Artist who runs art projects with a number of organisations including Sussex Downs supporting people with mental health needs, Grace Eyre foundation working with learning disabilities and Viewcraft, a charity running weekly art and craft groups for visually and partially sighted people in Eastbourne & Wealdon. As a facilitator, researcher and collaborator her interests lie in exploring creative and inclusive ideas around drawing, movement, sculpture, print, textiles and film.

Chiara Santin is a systemic and Family Psychotherapist who is passionate about using nature and art as a therapeutic tool, as a way of expressing and exploring our personal connections to the natural environment and each other in a safe way. Nature and Arts can be used to develop positive relationships and bonding within families and promote emotional wellbeing and family resilience. Her therapeutic expertise is in working alongside adoptive families and children who are affected by developmental trauma, disrupted family attachments and various forms of abuse. For more information about her qualifications and professional experience please visit her website [www.familytherapyservicesrainbow.org](http://www.familytherapyservicesrainbow.org)