

Take some time out  
of your day to think  
about you.

Welcome to The Living City Workshops where we believe that everyone is creative and that creativity is important for our wellbeing and mental health.

Take some time out of your day to think about you with our PDF and video workshops from experienced and talented writers, artists and photographers.

These workshops are designed to help you explore your wellbeing with journaling, photography, collage, writing, and more. The workshops combine creative skills with connecting to our greenspace, place and processing the changes the last year has brought us.

You can keep your creations to yourself or help us create an online exhibition of your everyday creative wellbeing by tagging @theyeatculture on social media.

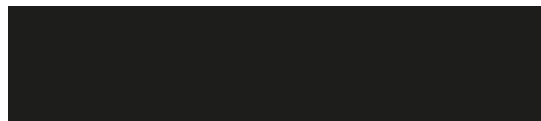
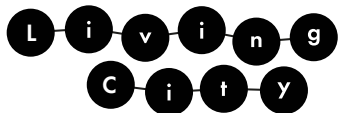
FREE  
ART HEALTH  
WORKSHOPS



# Doodles

*with Danielle*

THEY  
EAT  
CULTURE



*This is a The Living City project produced by They Eat Culture and supported by the Cultural Recovery Fund, Arts Council England and The Community Lottery Fund.*

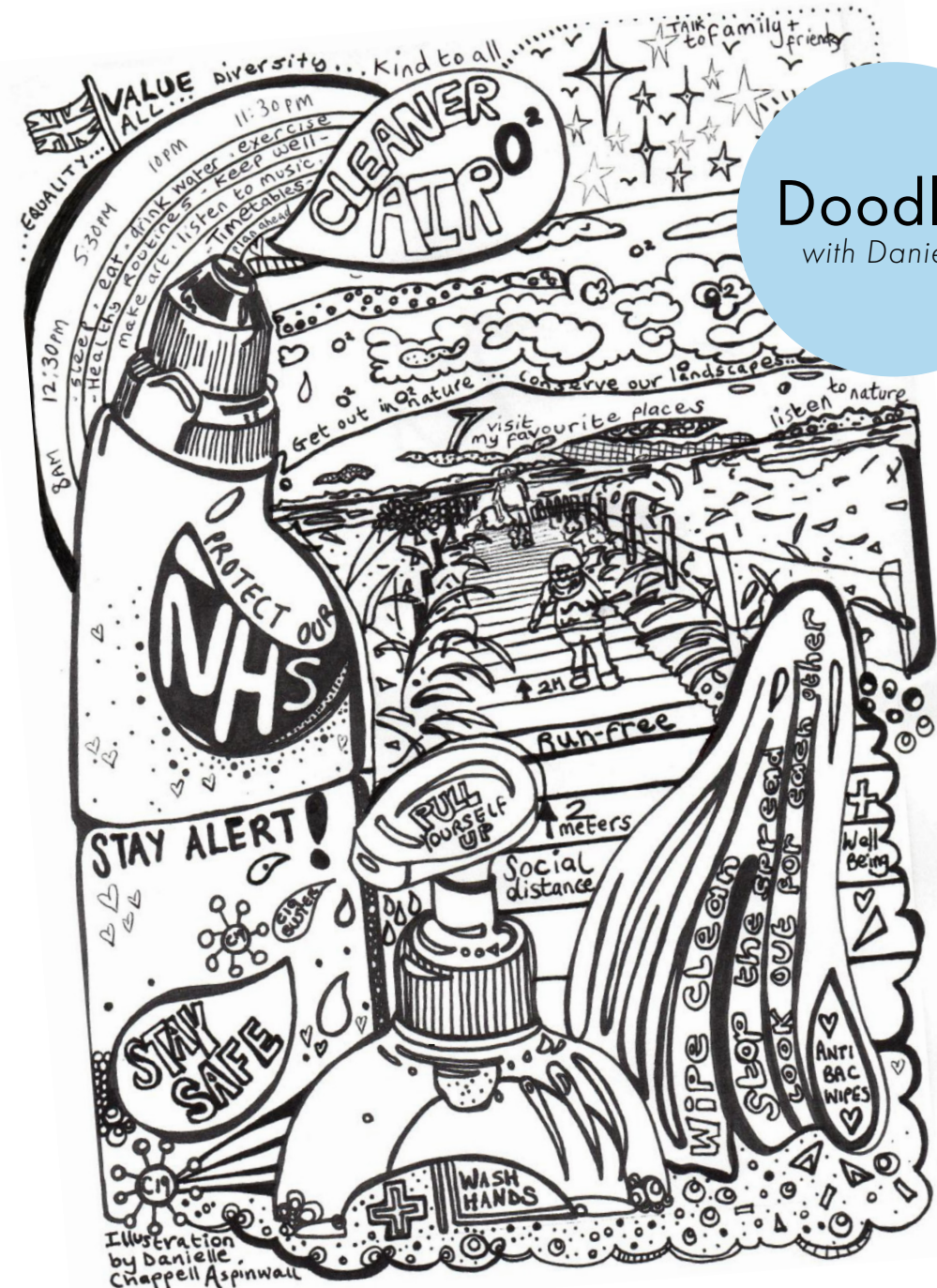
# About the Artist.

Hi

My name is Danielle Chappell Aspinwall, I explore creative ways to unwind and find calm and happier wellbeing through dialogue and doodles... My Fine Art and Social Practice has rebirthed my identity and confidence through art and nature. A recovery from Post Natal Depression and Managing Anxiety. Exploring interventions to lift spirits, share wellbeing hacks, create conversations to normalise Mental Health stigma & have fun making art.

Join me to discover ways to appreciate the small things that lift our spirits into a creative journey ...

Topics to explore in the #PrestonicDoodles #TheLivingCity Project here are our connection to local nature, community, people in place, values and appreciating green spaces, improving ways for our mental health and of self resilience, with friends and family ...



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L i v i n g  
C i t y

ARTS COUNCIL  
LOTTERY FUNDED

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ENGLAND

# Doodles

## Brain Storming

The starting point... how to get started on a positive mindful journey that brings you happiness and contentment that lifts spirits and destresses you... that you enjoy.

Thinking about the last 12 months.... STOP... PAUSE....  
TAKE NOTICE... What activities did you enjoy that  
brought you joy?

Write a list:

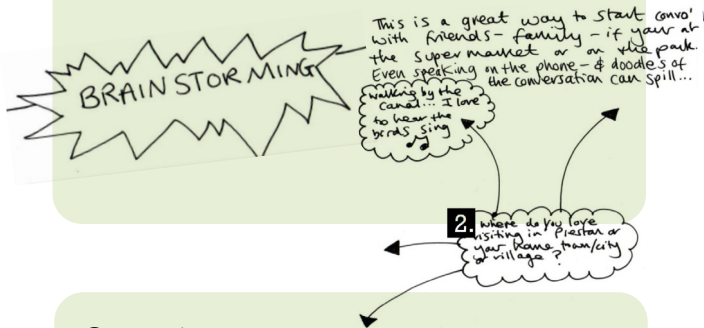
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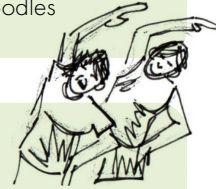
## Connecting

Connecting with other people reduces isolation and loneliness never under estimate the power of a conversation, with a friend, family member or stranger.....

- 1 I shall enjoy getting out in the fresh air...
- 2 I shall stay connected even at social distance...
- 3 I shall keep talking listening, making, creating & moving about...

Give to others be kind

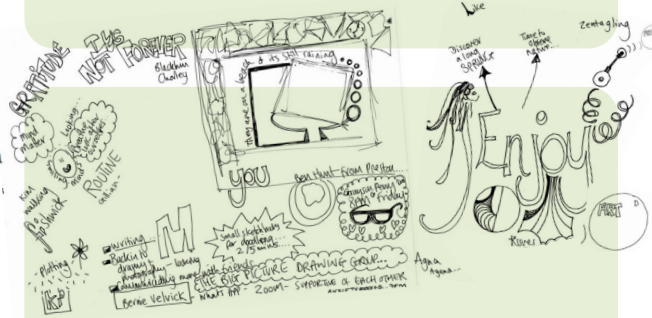
What do you do to assist others in The Living City of Preston? #PrestonicDoodles



## Be Physically Active

What would you like to do more of to get active?  
Where in The Living City of Preston could you  
explore? #PrestonicDoodles

Can you draw yourself rushing to hug the person you want to hug the most, where would this be in The Living City of Preston? (This certainly is exercise!)



Looking at ways to express word, phrases, sketches, marks and doodles have a try and see where the pen takes you inspired from our project and upload photos on social media and tag us in to be displayed in an online exhibition.

## Focusing on positive self resilience...

Appreciating the little things, some feedback from the #PrestonicDoodles workshop...

### Danielle's Tips for creative calm & positive vibes...

After having a look at the #PrestonicDoodles project have think of using a scrap book of ideas not finished things just a notebook/sketchbook that's big enough to carry around brainstorm off load your thoughts or ideas or visually see around the Living City... Not worrying about the end result a notebook sketchbook just for you to self explore and unwind some stresses really is something magical when the pen takes a journey in playful flow... Theres no right or wrong way just go for it! Miss a page leave a half drawn out doodle come back to it or just restart again but the rough idea from an afternoon in Aversham Park or near the Riverside could perhaps when the lightbulb moment of clarity appears for something to explore deeper in the future...

Preston is a beautiful, lively, rich with culture city... Keep your eyes peeled and ears open to find new inspiration in your doodles x

I would love to see what you do! So make sure you hashtag #PrestonicDoodles #TheLivingCity so I can see where your positive creativity takes you!

x Keep safe and Creative Danielle! resilience, with friends and family ...

Useful inspiring links;  
Why doodling matters; <https://www.pinterest.co.uk/pin/191614159117443890/>  
<https://www.nhs.uk/mentalhealth/selfhelp/guides/toolsandactivities/fivestepsmentalwellbeing/>  
<https://www.nhs.uk/everymindmatters/>

Thankyou for taking  
the time out of your  
day to frottage with  
US.

We hope you have enjoyed this The Living City workshop.

We would love you to share what you have created with us by  
tagging us @TheyEatCulture on Facebook, Instagram or Twitter  
or send your work to [admin@theyeatculture.org](mailto:admin@theyeatculture.org).

