

Help us make a **'Patchwork of Postcards'** from our ABUHB community.



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We want to use art to help us feel connected even when we can't meet face to face at the moment.

We are sending 'blank' white postcards to all the individuals we work with, their carers and all the NHS staff that work with us in the Learning Disabilities team.

We would like everyone to draw, paint, collage or scribble a picture on the postcard and send it back to us. You can post it back to us or email a picture of your finished artwork on postcard to sarah.griffith2@wales.nhs.uk

The picture can be anything you'd like to share with us, it could tell us something about you, or what you've been enjoying doing while you are at home or while working during lockdown.

We will put everyone's artwork together to make a big 'Patchwork of Postcards'. We will put this artwork on the wall in our Arts Therapies waiting room. We will also send everyone that took part a picture of the big artwork on display. Please send us your completed postcards by August the 31st 2020.