



A Frame of Mind

Come and see an exhibition of art works by local people, around the theme of Mental Health.

We all have mental health, and just like physical health, sometimes it is good, sometimes it is okay and sometimes it is not so good. Creative outlets can open pathways for people to express themselves, in new and powerful ways or mediums.

Come and see the wonderful assortment of creations by local talented people! Poetry, digital prints, acrylics, pastels, crochet and many more, some will make you smile, some will make you think, and some will make you want to stand and look at them for hours!

Located in the Gallery space at Riverside House on Wednesday 7 to Monday 26 February.