



## Treat yourself to a dose of the Cultural Cwtsh

The Cultural Cwtsh is a new creative wellbeing resource for NHS and Social Care workers in Wales.

Full of fun activities, the Cwtsh invites you to switch off from work, discover your own creativity and unlock the wellbeing benefits.

Choose from a wide menu of uplifting, bitesize activities brought alive by professional artists at a time that suits you. Ever wanted to try Bollywood dancing? Paint a portrait? Get crafting? Write your first novel? Unleash your singing voice? Take even better photos? The Cwtsh has great content in English and Welsh and across all artforms suitable for beginners and improvers.

Check out what the Cultural Cwtsh can offer you at

<https://culturalcwtsh.wales>

<https://cwtshcreadigol.cymru>

The Cultural Cwtsh is a virtual and vibrant hug - the arts sector's way of saying thank you to all the extraordinary staff who go above and beyond every day in the NHS and Social Care in Wales to keep us all safe. We hope it brings you fun and inspiration, comfort and relaxation. Give it a go and tell us what you think by emailing [culturalcwtsh@arts.wales](mailto:culturalcwtsh@arts.wales) or feedback via the form on the Cwtsh website.

*The Cultural Cwtsh is an Arts Council of Wales resource, created with artists from all over Wales. It is made possible with funding support from the Welsh Government.*