



S.T.A.A.

Sandwell Third Age Arts

Charity Number 1094820 Company Number 04298302

Arts Experiences to improve health & wellbeing

Arty Activity Parcels for Sandwell Residents

For medically vulnerable people
For carers & the people they care for
For people trying to shield
For older people
If you are stressed or anxious
If you need a distraction



Would you like to do some art activities at home?

Sign up to receive our free arty activity parcels.

No arts experience needed.

We deliver packs with instruction sheets and art materials.

Colouring pages, painting, collage, and more.

Different activities to choose from.

Fun. Light hearted. stress relieving. Do it your way.

To do on your own or with your loved ones.

Email Sharon at info@staa.org.uk for more details.