



**FOR AGES
16-25**

DATE

Wednesday 27th Oct
4:30-6:30pm

LOCATION

1-2 Perry Road
Bristol BS1 5BQ

SIGN UP

[otrbristol.org.uk/
painting-with-big-jeff](http://otrbristol.org.uk/painting-with-big-jeff)



otrbristol.org.uk
[@otrbristol](https://www.instagram.com/otrbristol)

PAINTING WITH BIG JEFF



This one-off project will explore the connection between creativity and wellbeing through an evening of collaborative painting with Bristol icon, Big Jeff.

During lockdown, Big Jeff - renowned for having attended over 4,000 gigs in Bristol, began painting as a way of managing his mental health. He says:

'I began painting as a way of dealing with lots of difficult emotions and my struggle to deal with the world around me. It came as a natural and cathartic release. Art for me is about creating space for myself and using my creativity to find my voice.'

Big Jeff is interested in exploring creativity and wellbeing with 8 young people from OTR through this one-off workshop. Together, along with Arts Works facilitator Tilda, you'll have the opportunity to experiment with expression through different painting techniques with the aim of creating a big collaborative collage piece. 1:1s with Tilda will also be offered after the workshop if wanted.

This project aims to primarily reach young people who identify as being:

- Disabled
- Neurodivergent
- A person of colour
- LGBTQ+
- A young man
- Care experienced / in care
- A refugee
- An asylum seeker



Painting with Big Jeff is part of OTR's Art Works - a series of wellbeing projects exploring arts and acting to ensure that creativity is accessible to all young people.