

## Equal Arts

Equal Arts is a creative ageing charity which provides arts and creative activities for older people and those living with dementia in Gateshead and Newcastle. We believe in the positive health impact of the arts and run daily creative workshops in cultural, community and care venues. Their inclusive and informal sessions are run by professional artists. Sessions vary from visual arts, music and movement, creative writing to glasswork.

The charity's work includes:

HenPower, bringing hen-keeping and creativity to people living in care

Creative Age, artist-led workshops in cultural venues and libraries across Newcastle and Gateshead

Dementia & Imagination training for artists, health and care sector staff and cultural venue staff

Art in Care, self-employment support using creative methods to build confidence.

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**Facebook:** <https://www.facebook.com/equalarts0>

**Cost:** Free

**Address:**

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