



Free Arts-based activities promoting physical activity and creativity at home



The Creative Couch provides physical activities and arts-based projects to do at home for people with a learning disability or who are autistic. It is for people who live in the Tees Valley .



Activities include things to:

- Do
- Make
- Watch



The Creative Couch is free - it does not cost any money to take part.



To find out more or to register to join The Creative Couch ring TIN Arts on 0300 124 0448 or email thecreativecouch@tinarts.co.uk

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