



Creative Arts & Wellbeing Sessions for Special Needs Organisations (TARTS)

A
Tipperary Arts

Dear Activities Coordinator,

Creativity, Connection & Wellbeing Through the Arts

Tipperary Arts (TARTS) is a new, non-profit arts collective based at 50 Main Street in the heart of Tipperary Town.

Founded by six local creatives who met through Creative Places in Tipperary Town, TARTS was established to create a permanent arts space that supports creativity, connection and participation within our community.

Our collective includes visual artists, sculptors, writers, poets, musicians and digital artists. We support and mentor emerging creatives, provide opportunities for people to showcase their talents, and create a welcoming, non-judgmental environment where everyone can explore and express their creativity.

At TARTS, we believe that everyone is creative and that everyone should have the opportunity to participate in the arts, regardless of age, ability, or previous experience.

We are particularly interested in creating meaningful partnerships with special needs organisations, disability services, day services, community groups and support organisations

Creative Arts for Participants

TARTS is delighted to offer a range of creative arts and wellbeing sessions designed for people with additional needs and varying abilities.

Our sessions are relaxed, inclusive and participant-led, with activities adapted to suit individual interests, communication styles, abilities and support needs. Creative activities can provide opportunities for:

- **Self-expression and communication**
- **Creativity, imagination and exploration**
- **Social interaction and connection**
- **Sensory engagement**
- **Making choices and expressing preferences**
- **Trying new experiences**
- **Group participation and shared experiences**
- **Relaxation and enjoyment**
- **A sense of achievement and wellbeing**

No previous artistic experience is required. The emphasis is on participation, enjoyment and creating an environment where every person can take part in a way that feels comfortable and meaningful to them.

Our Creative Sessions

Session	Duration	Suggested Fee
Creative Connection	60 minutes	€225
Arts & Wellbeing Session	75 minutes	€275
Creative Arts Workshop	90 minutes	€325
Extended Arts Session	2 hours	€400
Half-Day Creative Programme	3 hours	€600

Fees are based on groups of up to 5 participants and can be tailored according to the activity, number of participants, materials and any specific requirements you may have.

What Could We Create Together?

Our artists can offer activities across a range of creative disciplines.

Art & Making

Painting, drawing, collage, mixed media, sculpture, crafts and creative making. Activities can be adapted to different levels of physical ability and experience, with a focus on exploration rather than producing a particular "right" result.

Sensory & Creative Experiences

Colour, texture, materials, movement and other sensory elements can be incorporated into creative activities, where appropriate. Sessions can be adapted for participants who may prefer a quieter, more structured or sensory-based approach.

Stories, Words & Expression

Creative writing, poetry, storytelling, personal stories and other forms of creative expression. Activities can be adapted to include verbal, written, visual or alternative forms of communication.

Collaborative Projects

Participants can work together to create larger artworks, displays, murals, sculptures, seasonal decorations or other projects that can be displayed within the organisation or shared with the wider community.

We understand that participants may have different abilities, communication styles, interests, sensory preferences and support needs. Our approach is therefore flexible and person-centred rather than one-size-fits-all.

Tailored to Your Service Users

We can work with your staff and support team to develop sessions around:

- **Participants' interests and abilities**
- **Individual creative preferences**
- **Communication and expression**
- **Sensory needs and preferences**
- **Seasonal themes and celebrations**
- **Special occasions and events**
- **Group or individual creative interests**

Where appropriate, activities can be structured to allow participants to choose materials, colours, subjects and ways of participating.

Our aim is to create sessions that are accessible, stimulating, inclusive, social and enjoyable, while allowing each participant to engage at their own pace.

Creativity, Confidence & Participation

Creative activity can offer people the opportunity to make choices, experiment, communicate ideas and experience the satisfaction of creating something themselves.

There does not need to be a particular artistic outcome.

Sometimes the most important part is simply having the opportunity to explore, participate, connect with others and enjoy the experience.

TARTS aims to create a supportive environment where participants can feel comfortable trying something new without pressure or judgement.

Longer-Term Creative Programmes

A series of creative sessions can allow participants to develop an idea over time and work towards a shared outcome.

Projects could include:

- **A collaborative group artwork**
- **An exhibition of participants' work**
- **A sensory or tactile installation**
- **A seasonal display**
- **A community art project**
- **A collection of artwork and creative pieces**
- **A mural or collaborative sculpture**
- **A personal or group storytelling project**
- **A project inspired by local heritage or nature**

Longer-term projects can also provide opportunities to involve families, staff, local schools, artists and other community groups.

This can help create connections between participants and the wider community while celebrating the creativity and contribution of each individual.

Working With Your Organisation

We would welcome the opportunity to meet with your team and discuss what would work best for your participants.

Before beginning a programme, we can discuss:

- **The needs and interests of your participants**
- **Group size and structure**
- **Accessibility requirements**
- **Sensory considerations**
- **Communication preferences**
- **Available space and facilities**
- **Appropriate materials and equipment**
- **The level of support available from staff**
- **Short-term or longer-term creative goals**

Your knowledge of the people you support is invaluable. Through working together, we can develop creative sessions that are meaningful, appropriate and enjoyable for your participants.

Our Mission

At TARTS, we unite artists, makers and creative thinkers in a cooperative community that values collaboration rather than competition.

Our Aim

Our aim is to develop lasting relationships with the wider community and provide creative opportunities that are accessible, inclusive and meaningful.

We believe the arts can:



Let's Create Something Together

We would love the opportunity to bring TARTS into your organisation and explore how creativity could become part of your programme of activities.

Whether you are looking for a one-off creative workshop, a regular arts and wellbeing session, a sensory creative experience, a special event or a longer-term community arts project, we can work with you to develop something specifically for your participants.

If you would like to discuss ideas, availability or a bespoke programme, please get in touch.

We look forward to the possibility of bringing creativity, connection, colour and expression to your organisation.

Kind regards,

Marion Stern

085 715 6550

info@tarts.ie



tarts.ie/contact-us

Tipperary Arts Members: Libuse Horankova, Alex Roche, Brendan Fahey, Marion Stern, Rob Carney & Alan Manning **Photo: John Gleeson**

Tipperary Arts (TARTS)
50 Main Street, Tipperary Town,
E34 TA47

Marion Stern 085 715
6550
info@tarts.ie



Tipperary Arts