

Art Changes Us



#ArtChangesUs

AccessArt works hard to help audiences better understand the importance and relevance of art to all our lives.

The resources on this page help us share the ways in which making, experiencing, and talking about art can enrich our lives.

Make sure you are [signed up here](#) and we will keep you posted as new collections are created.

Share Your Thoughts On How Art Can Change Us

We are collecting testimonials about how art can change us.

[We invite you to share your thoughts](#). How has making, experiencing or talking about art has benefitted the learners you work with? How has art transformed you or your families experience of life?

No matter how small, please share with us why life feels more meaningful when we engage with art.

By [emailing your thoughts](#) (paula@accessart.org.uk) you give permission for us to share your thoughts with our audience. We will make sure any thoughts shared are anonymised.

Many thanks!

[Paula Briggs](#), CEP & Creative Director AccessArt



More messaging from the
AccessArt Lab...

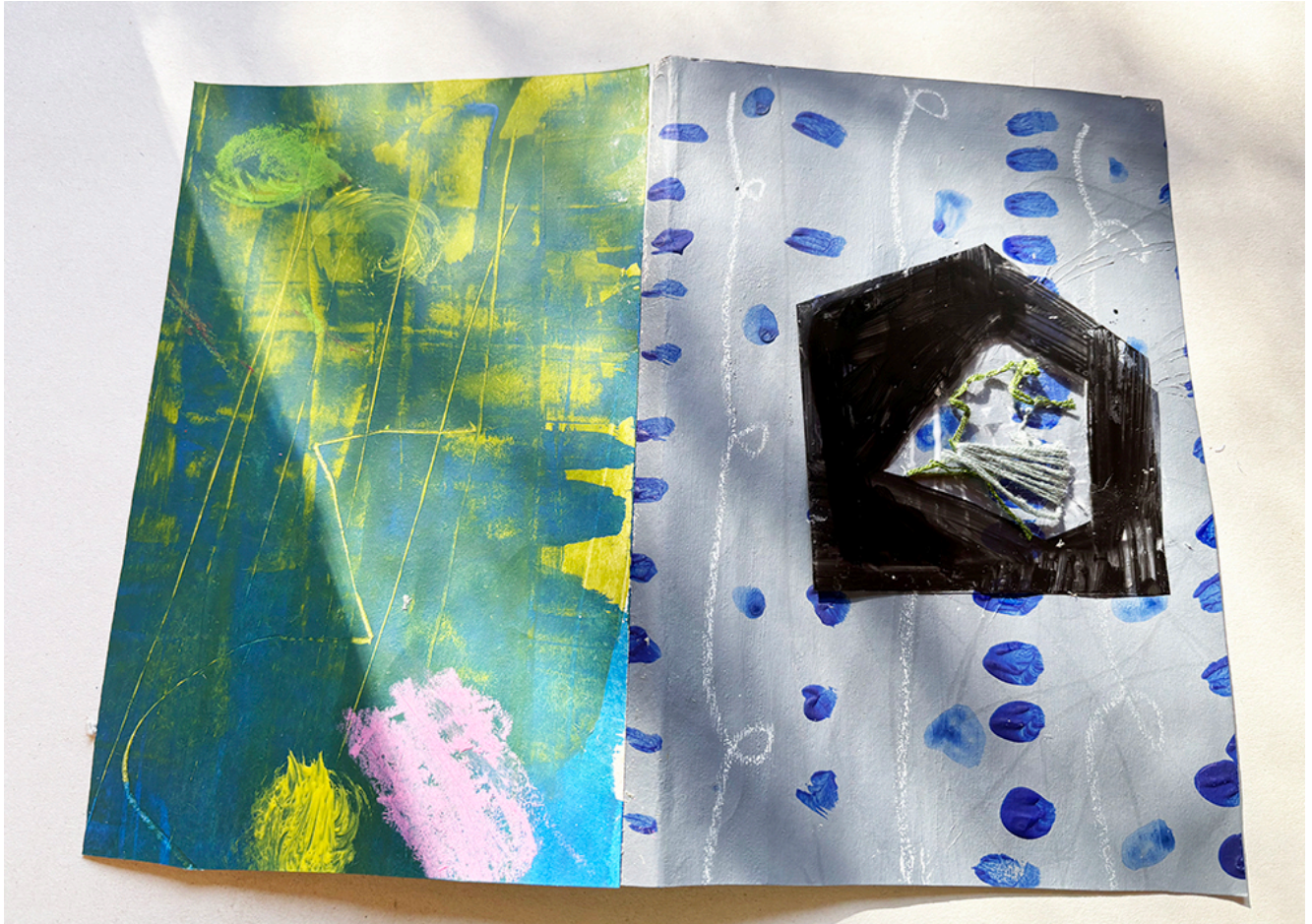
WE NEED
ART
ROOMS
BECAUSE

THEY ARE
KIND
SPACES

**Art Changes Us: Through Art We Can
Appreciate Kindness**

Find four AccessArt resources to help you find and express kindness...

Acts of kindness workshop



[Paula Briggs](#)

Looking for hope in small things



[Catherine Laing](#)

Adapting AccessArt: Stories and Faces



[Sarah Longley](#)

Magic Caring Box



[Hannah Moshtael](#)

Everyone Has the right to freedom of
expression



[Paula Briggs](#)

Art Changes Us: Through Art We Express Ourselves

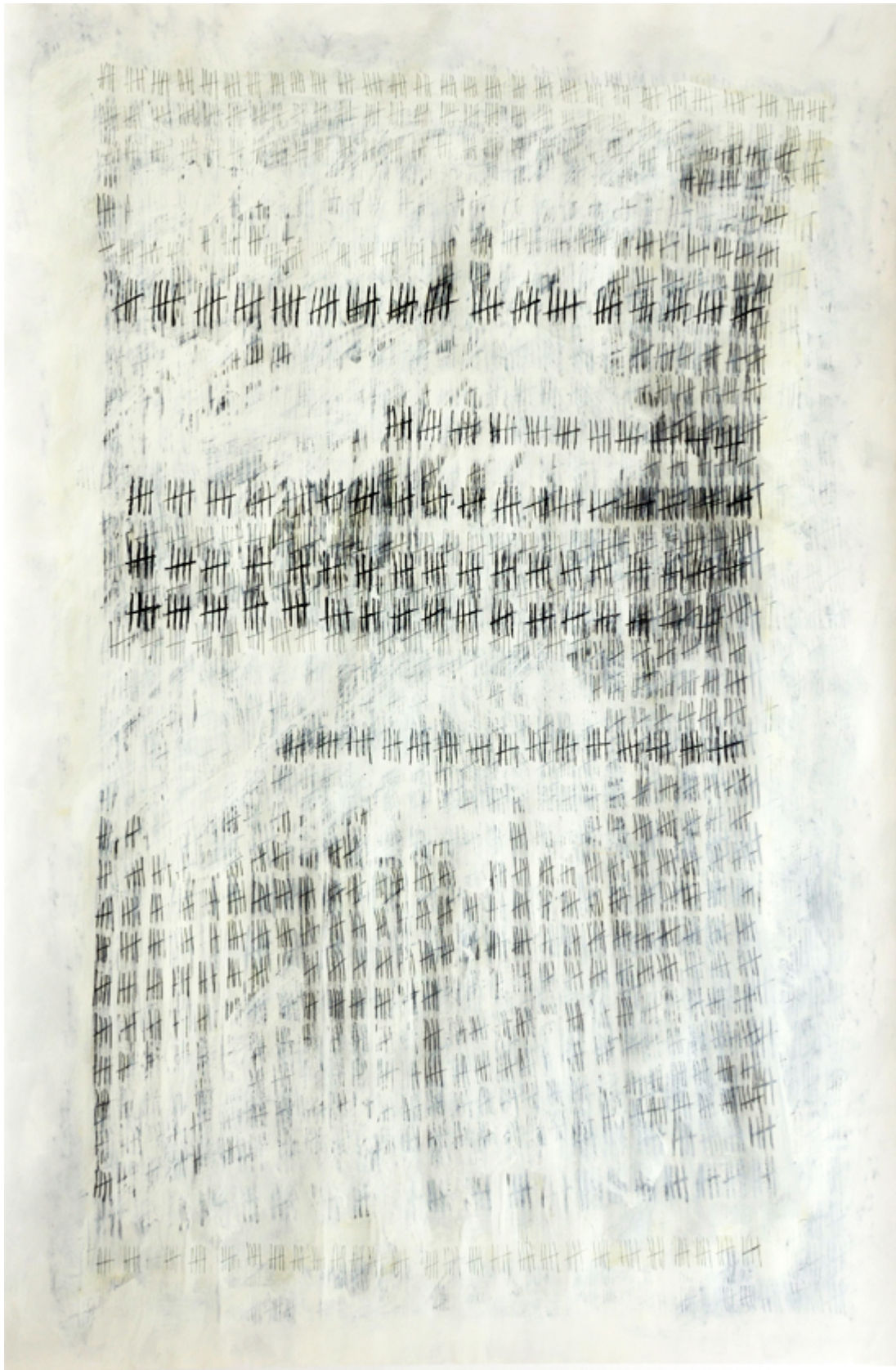
Find four AccessArt resources to help you find and express a sense of self...

With & In The Landscape



[Frances Hatch](#)

I an AccessArt: Sue Gough



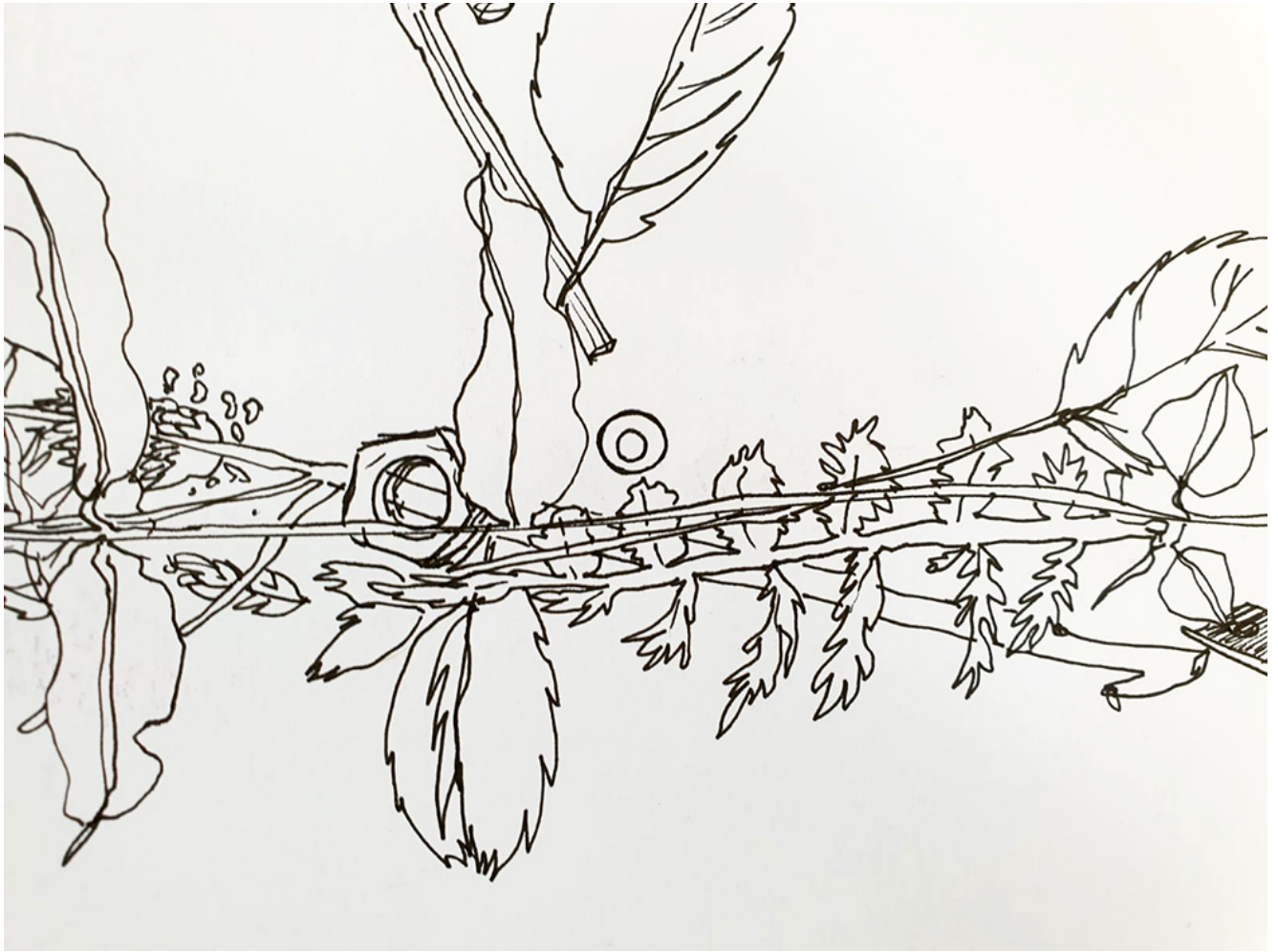
Sue Gough

Walking & Drawing



[Andrea Butler](#)

Mark making & Sound



[Paula Briggs](#)