

# **“Heart-Work” – A series of ‘Arts on Prescription’ style workshops for young people at Cambourne Village College with Arts and Minds; Led by Sheila Ceccarelli (Artist) and Yael Pilowsky Bankirer (Psychotherapist)**

This series of workshops with students at Cambourne Village College was part of the ‘Young People’s Pilot’, coordinated and managed Arts and Minds, a leading arts and mental health charity in Cambridgeshire. The sessions were led by Sheila Ceccarelli from AccessArt (artist) and Yael Pilowsky Bankirer (Psychotherapist)

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# **Arts and Minds: Drawing for Mindfulness**

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Writing and Invented Text**

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**Arts and Minds: A 'Heart-  
Work' Conversation**

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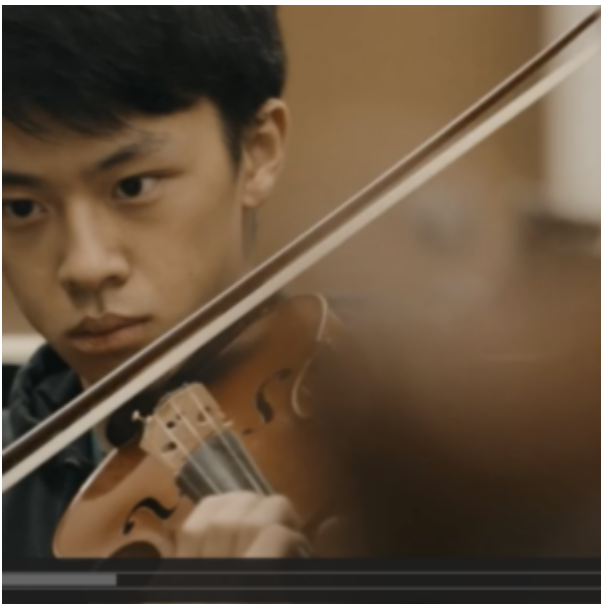


[This is featured in the 'Music and Art' pathway](#)

talking points: wassily Kandinsky



**drawing source material: orchestras**



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## The Haptic Body