

New Parks Hub Crafty Hands, Creative Minds Group

Crafty Hands, Creative minds are a group of ladies who come together each week. We all do different crafts, and we have been running for about 4 years now. Some of us have mental health issues, and we have all become good friends.

Rokaiya Patel

Coming here to Jamila's Legacy has helped women with mental health issues. I want to give something back, and each little word may help someone if they read it.

'Don't worry – be happy' was something my Mum used to say to me.





Bernadette Loughran

This is a tree to celebrate World Mental Health Day.

Life isn't a smooth passage – it twists and turns. The branches are life – a tree lives and regenerates in the continual circle of life.

Jane Taylor-Joyce

This was made during a very difficult time of my life. It is to remind me that even in my darkest time there is brightness to hold on to.





Phil

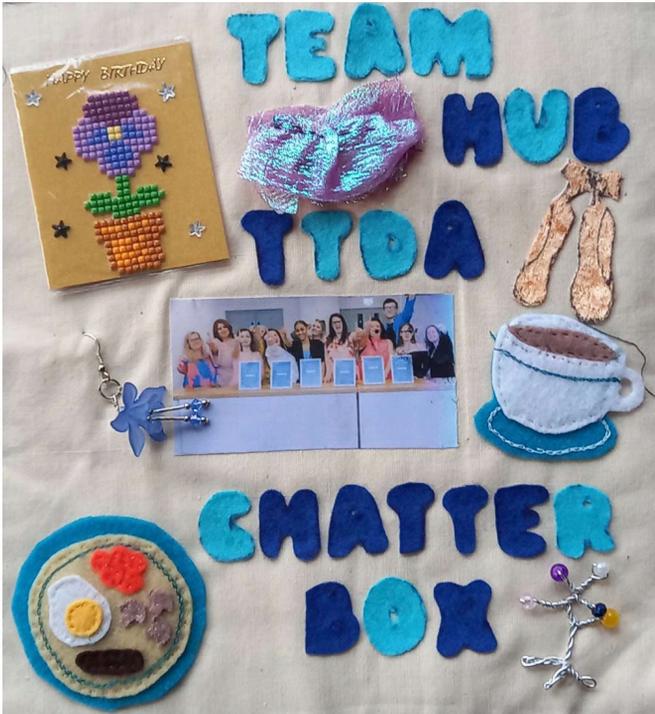
The poppy represents music through covid. The folk-rock band The Alarm gave me so much support live streaming music through covid.

The lead singer Mike Peters has leukaemia. He founded a charity called The love, Hope and Strength Foundation.

Khadeejah

Be happy, smile, stay positive, be grateful.





Jo Randall + New Parks Team Hub

Here at Team Hub we bring the community together through all the different groups we have. There are laughs and tears, and we have become one big family.

Together everyone achieves more.

Zohra Sidat





Lata Patel

Peace and joy to us all.

Dipti + daughter

Smile!





Nahid Dhada

During lockdown, all we saw on tv was news of the pandemic. I knew I needed to distract myself, so I took to YouTube and Instagram to learn calligraphy.

Within that community I came across freehand lettering, which I enjoyed doing more. I started looking up quotes that I could letter and with that I found my distraction.

I have always enjoyed hand sewing so for this piece I found this beautiful quote by Maya Angelou and combined it with my new hobby of hand lettering.

Alesha-Leigh

LOVE!

