

"Having Nova Art during lockdown has been helpful in a number of ways. Firstly, just having that structure to my day and having something to look forward to every week. Secondly, the connection with others has been really important even if only online. Most of all it got me doing some art-making and being creative which is very therapeutic for me.

I lack confidence to do art on my own at home. So having the structure and support of the Nova Art classes helped me to do this. I feel grateful that I've had this opportunity to continue to do art even under lockdown restrictions."

Thank you,

Abigail 😊