



Notes:

- (1) <https://createandprosperworkshopscic.co.uk/about-us/>
- (2) Elaine Hatfield, quoted in 'Everyone Matters' by Bob Chapman and Raj Sisodia, published by Penguin Business
- (3) <https://www.psychologytoday.com/gb/blog/chronically-me/201806/art-self-care>
- (4) <https://www.artscouncil.org.uk/our-vision>
- (5) <https://www.artsy.net/article/artsy-editorial-paints-toxic-chemicals-avoid-harming-environment>
- (6) <https://www.actionforhappiness.org/10-keys-to-happier-living>