

**Curious Minds
Mindful
Colouring Book**

Welcome to the Curious Minds Mindful Colouring book.

Curious Minds is a mental health and wellbeing project, delivered in partnership with Suffolk Artlink, Suffolk Community Libraries, The Food Museum and Ipswich and East Suffolk Alliance.

Its purpose is to support the Primary Care Personalised Care Programme and participation.

This programme supports people aged 18 or over in Ipswich and East Suffolk living with complex health needs.

Every design in this colouring book has been designed by a Curious Minds participants and legacy participants.

A special thank you to participants who have contributed to this colouring book including Sarah, Veronica, Sherise, Terry, Lucy, Graham, Nayna and Justin.

In partnership with



Suffolk Artlink is a Registered Charity, Charity No. 1110898

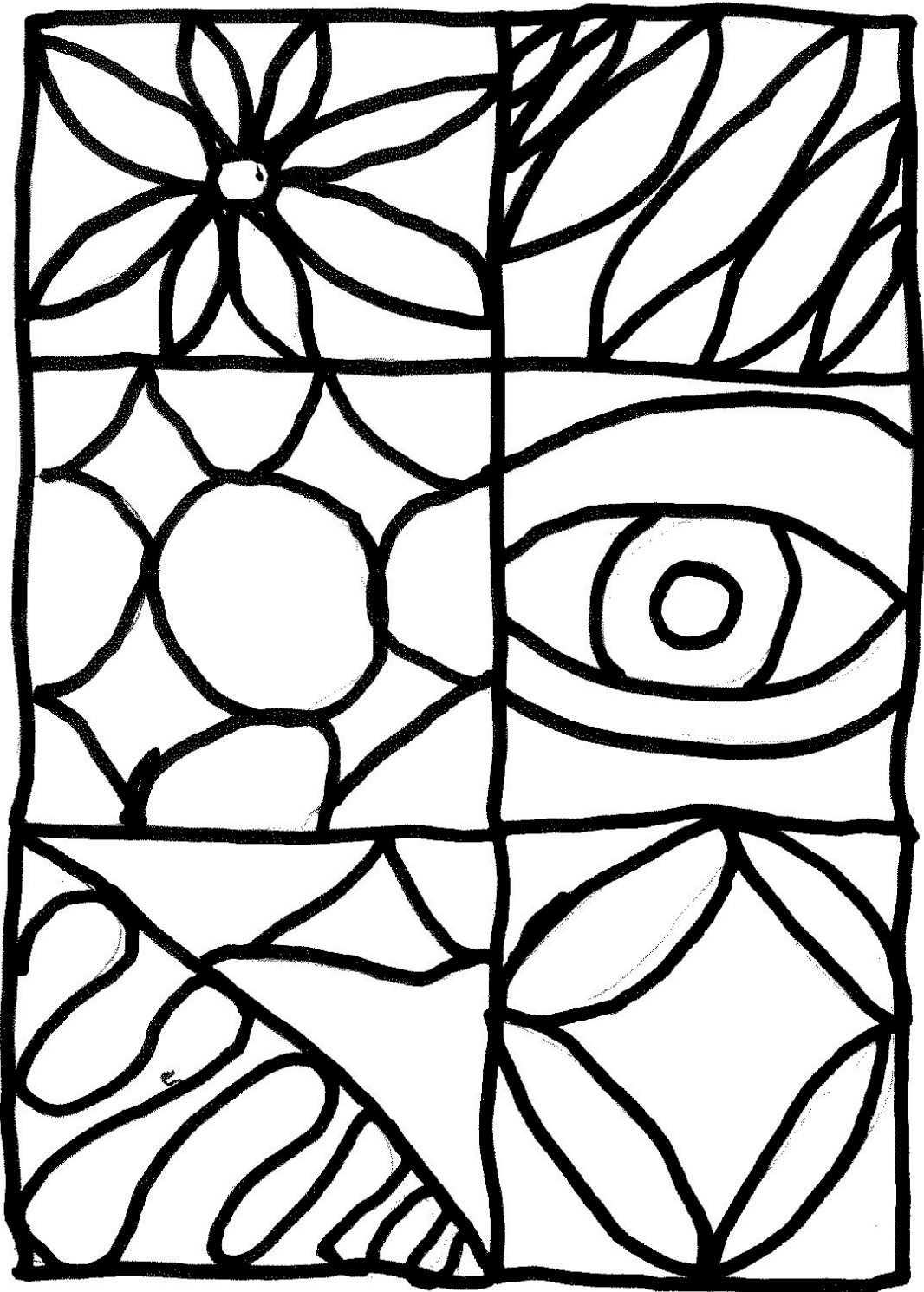
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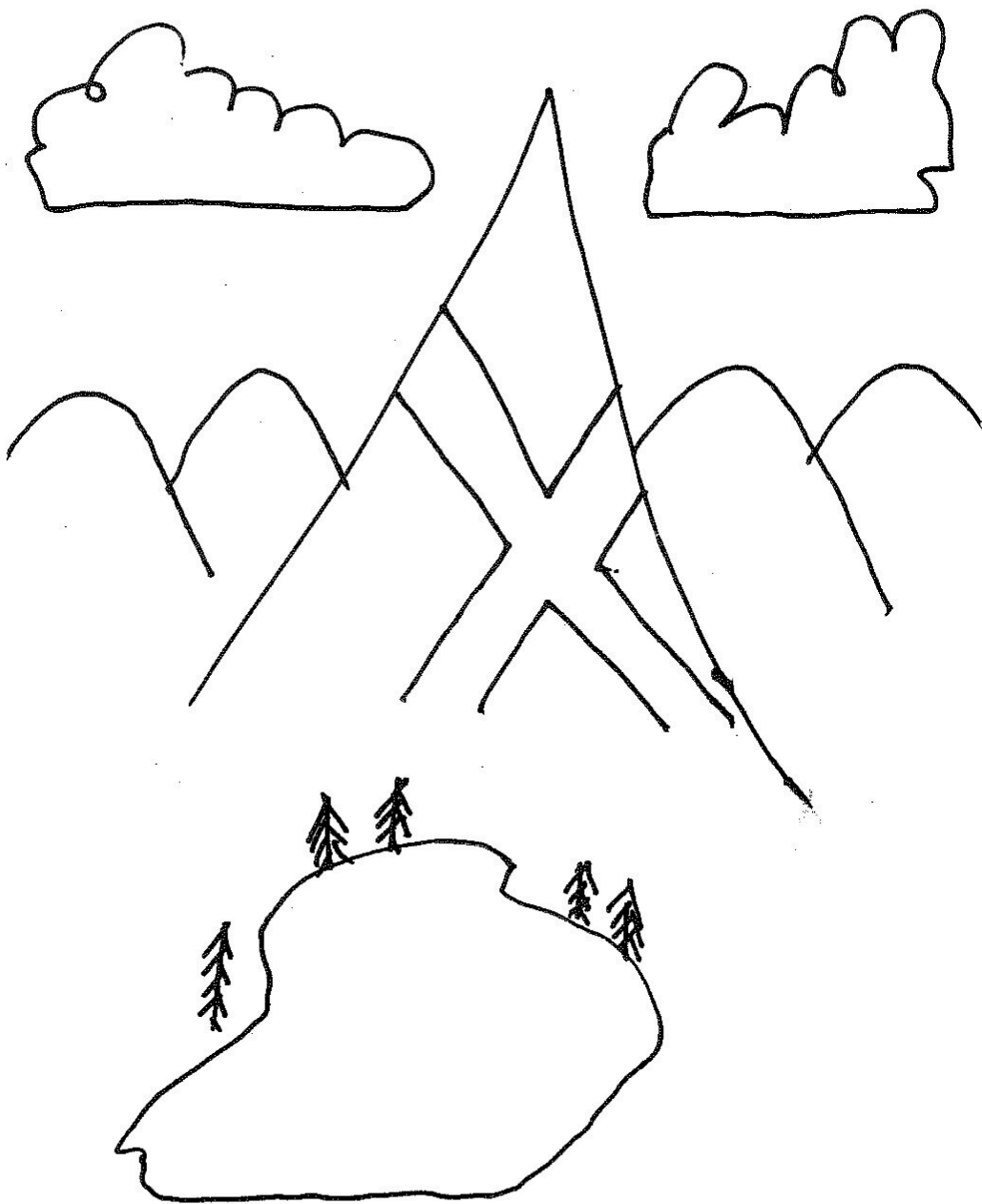


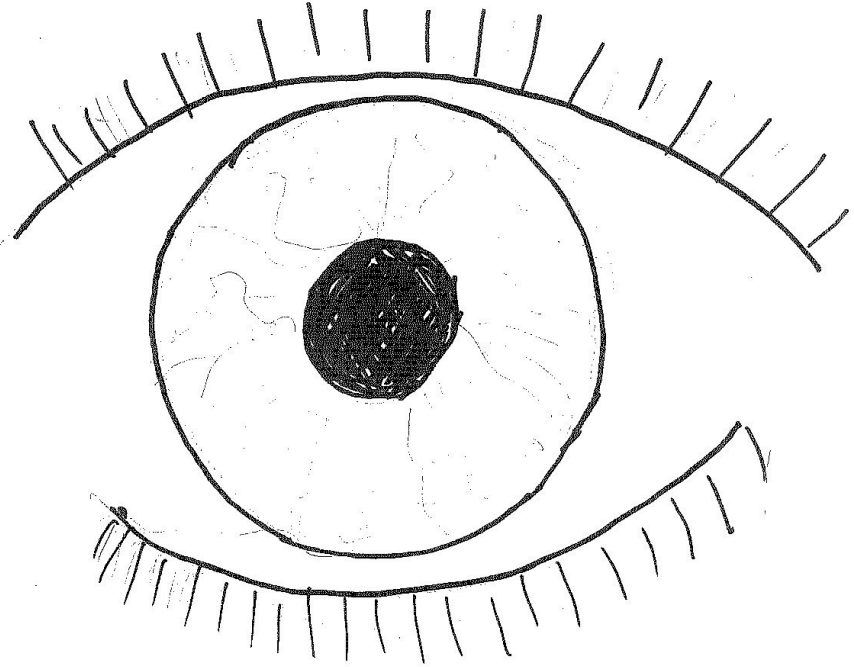
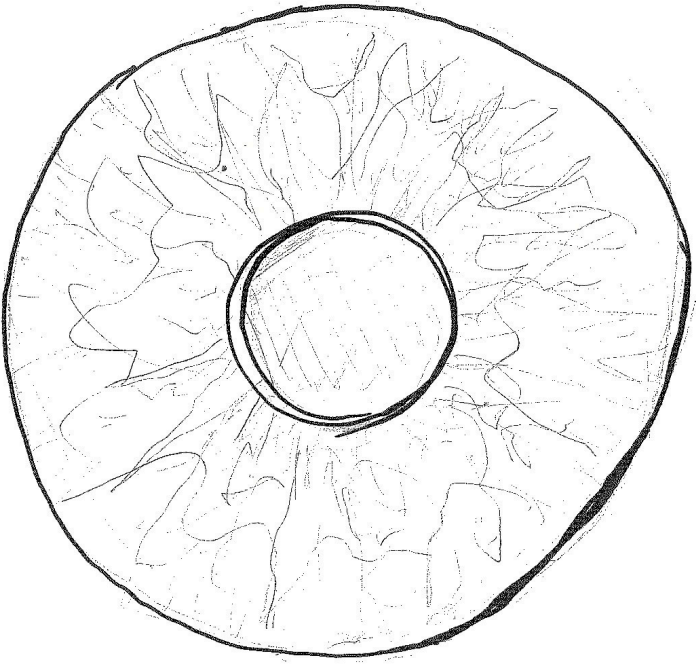






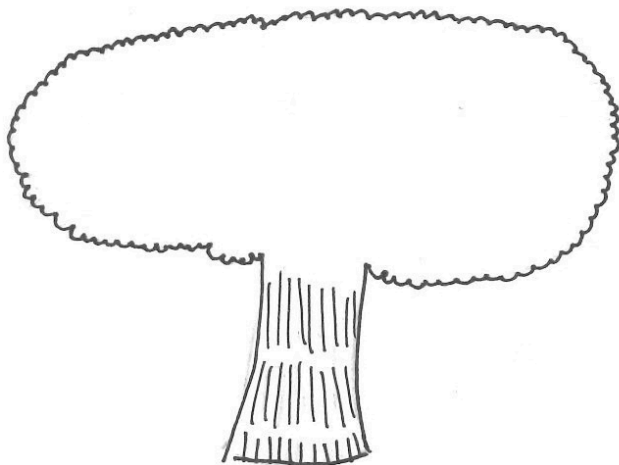
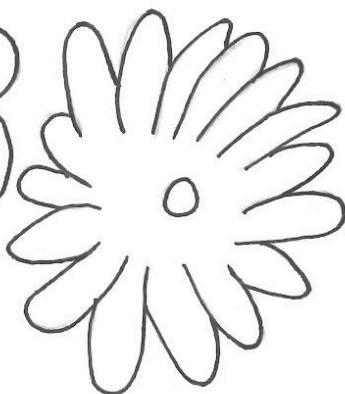
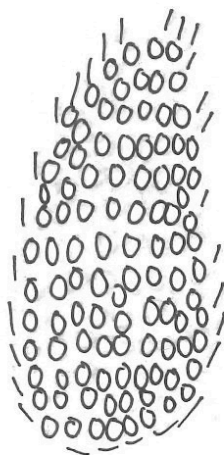






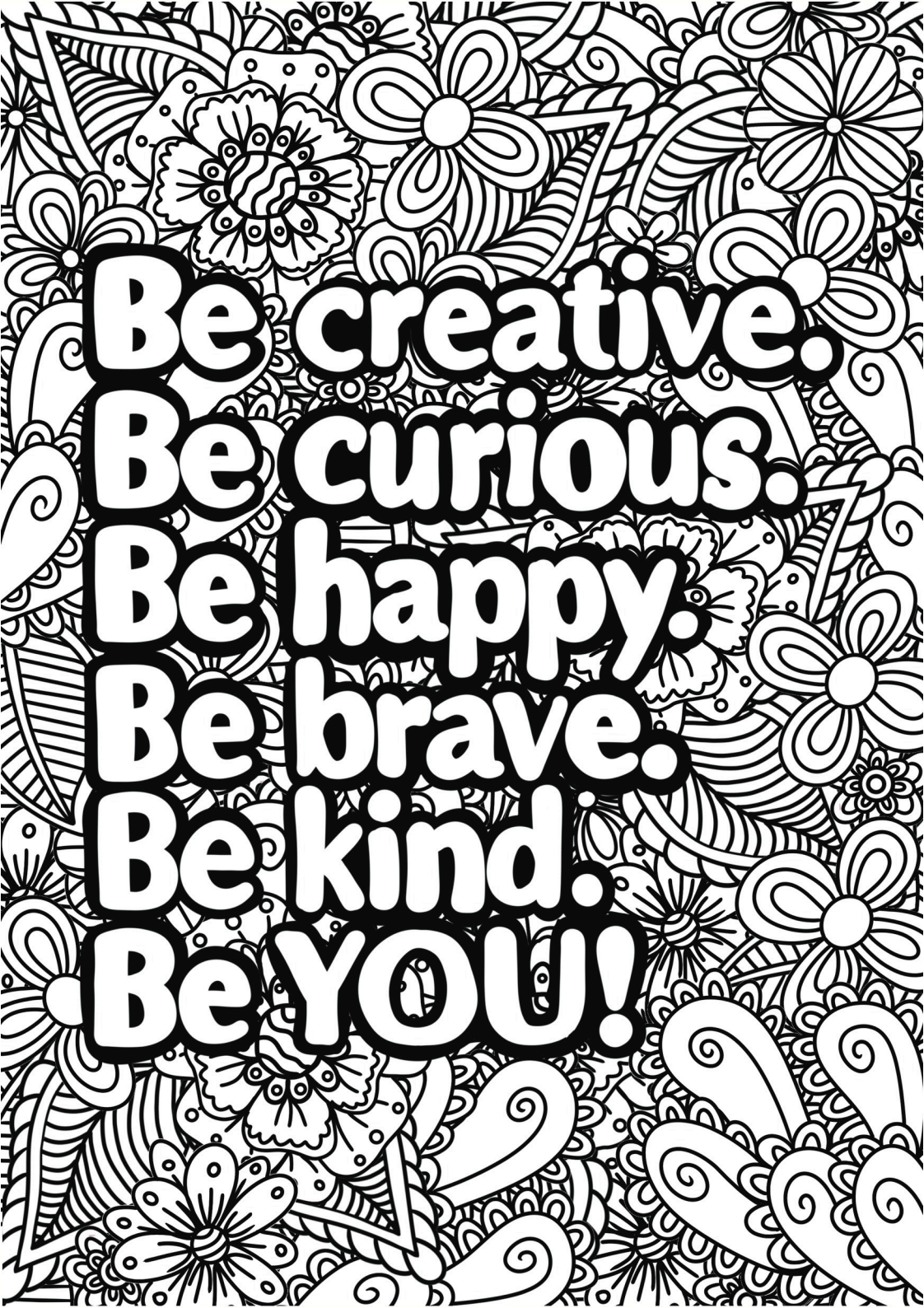


YND









Be creative.
Be curious.
Be happy.
Be brave.
Be kind.
Be YOU!

DOODLE PAGE

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