

# Natasha Day

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Natasha is a painter and as an ex Mental Health Nurse using art in hospitals, she holds strong views on the huge benefits of Art and Wellbeing.

Natasha believes in equality and diversity and social inclusion in the arts, and actively encourages older adults to experiment and participate in her classes.

Natasha sees her role as mentor or empowerer rather than a formal teacher. "People already have these abilities, my role is to help them harness them, that's all."

[Email](#)

[Website](#)

**See Resources Below...**