

## Free Art, Heritage, and Wellbeing in Eas

As part of the exciting restoration project for Charles Dickens' historic Swiss Chalet, this Art session offers participants an opportunity to connect with art, wellbeing, heritage, and nature in a peaceful garden setting.

Led by an expert tutor, this welcoming and inclusive workshop combines creative art activities with local heritage discovery, offering participants the opportunity to explore the story of Charles Dickens and his Swiss Chalet while enjoying the wellbeing benefits of artistic expression.

Start Date: 16 July 2026  
Start Time: 10:00  
Lessons: 1  
Weeks: 1  
Hours: 2.00

Materials, drawing board and easel are provided as part of this free session, in partnership with Eastgate House and their Dicken's Chalet Heritage Lottery bid.

No previous art experience is required. This session will take place outside, in Eastgate Gardens, weather permitting.

The paths in Eastgate gardens can be uneven, please wear appropriate footwear.

Booking is essential!

### Venue

Eastgate House  
Eastgate House

ME1 1EW

### WHAT WILL I LEARN ON THIS COURSE?

- Learn about the basic history of Charles Dickens' Swiss Chalet.
- Create artwork inspired by the chalet, gardens and Victorian heritage.
- Explore simple creative techniques in a supportive environment.
- Enjoy a mindful and relaxing artistic experience.
- Meet others and take part in a positive community activity.

### IS THIS COURSE SUITABLE FOR ME?

Suitable for all abilities – aged 19+

### IS THERE ANYTHING ELSE I NEED TO KNOW ABOUT THIS COURSE?

All materials and use of equipment is included in the course fee

### WILL THERE BE ADDITIONAL COSTS?

All materials and use of equipment is included in the course fee.  
You may wish to bring an apron and a bottle of water

### WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

### WHAT IS THE ATTENDANCE POLICY

Single session-

This course takes place in one session, so please attend the full lesson.

If you book a place but can no longer attend, please let us know as soon as possible by calling 01634 338400. This will allow someone else to take your place.

### HEALTH & SAFETY

## Health and Safety Disclaimer

By taking part in this course, you understand that Art involves use of tools, materials and equipment and carries some risk.

You agree that:

- Art activities can involve some risk (tools, materials)
- Work at a level that suits your ability
- Wear suitable clothing and protect your work area
- Agree to the ground rules and follow safety guidance from your tutor
- Medway Adult Education is not responsible for personal injury or damage to personal property.
- By attending the course, you confirm that you have read and understood this information.