

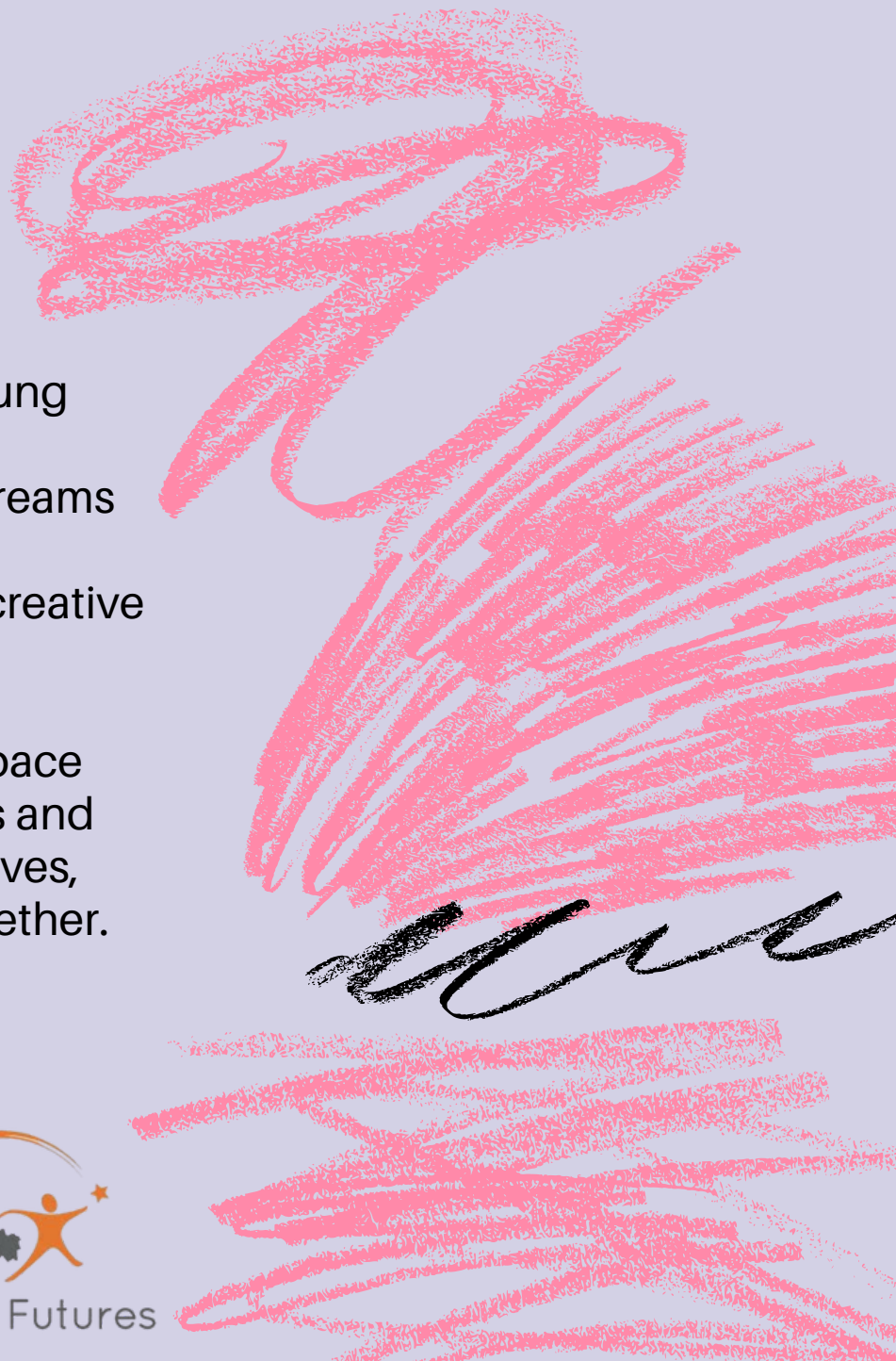
Memories and Dreams

Small Canvas, Big
Impact

A Brighter Futures
program

This program invites young families to explore their happiest memories or dreams together, through a therapeutic, open, and creative outlet.

A welcoming creative space for families of all abilities and ages to express themselves, imagine, and create together.



Memories and dreams



Children lead the direction and subject of their artwork, while parents help guide and refine each piece throughout the program.

Over four weeks, each family will work towards creating four canvases – a unique collection of memories and dreams to treasure for years to come.

Techniques/mediums to explore

- Painting + watercolor
- Pastels
- Gel printing
- Collage with newspapers, magazines, stickers, images



Memories and Dreams

Meet the artists!



Melissa is a multi-disciplinary artist originally from Melbourne, Australia, with a particular passion for sculpture and a deep connection to the natural environment, which she weaves throughout her work. She studied fine art in Melbourne and brings this alongside her experience as a disability support worker, where she developed a strong foundation in working closely with families. Melissa is delighted to bridge these two passions through this program with Brighter Futures, guiding families as they explore memory and imagination through art.



Sophia is an interdisciplinary artist and therapeutic art practitioner whose work spans visual art, movement and poetry. Art is her tool to listen more deeply and express the living world around her. She has worked on creative programmes in community arts and wellbeing spaces in England before moving back to the island in 2025.

Memories and dreams



Week 1 – Memory: Exploring colour, mood and texture.

Week 2 – Memory: Adding meaningful marks and symbols.

Week 3 – Dream: Exploring hopes, wishes and imagination.

Week 4 – Dream: Bringing everything together and completing the collection.