

FEEL GOOD FAIRS LAUNCHED FOR ON THE WATERFRONT

A special series of Feel Good Fairs are to launch at this weekend's on The Waterfront spectacular to celebrate Liverpool's Year of Health and Wellbeing.

Devised with the support of the people of Liverpool these fairs celebrate the 5-ways to wellbeing and promise to make you feel good with a little help to local artists and creative organisations.

The fairs, which launch at Liverpool's spectacular On The Waterfront Festivals this July and August, are a great opportunity to:

- **Connect** with local artists and their handmade wares
- **Be Active** and rediscover a forgotten talent
- **Take Notice** and spark your curiosity
- **Keep Learning** and try something new
- So come and be inspired and **Give** yourself new ways to wellbeing

The Feel Good Fairs are packed with over 30 local cultural and wellbeing organisations ready to inspire and delight. They also offer a great opportunity to buy the best and most unique gifts from over 30 local artists and designers including; paintings, textiles, photographs, ceramics, jewellery, handmade beauty products, and much more.

Councillor Wendy Simon, Liverpool City Council's Cabinet member for Culture and Tourism, said: "These Feel Good Fairs are a fantastic way to celebrate Liverpool's Year of Health and Wellbeing. The stalls are a brilliant showcase of the amazing creativity in the city and they all add a fun and dynamic dimension for everyone visiting the On The Waterfront festivals."

The Fairs take place between 12 noon and 5pm on Saturday and Sunday, July 17-18 and August 7-8.

Organisations and artists include:

- Be 'Touched' by the Biennial with their interactive Origami workshops
- Create exciting new stories and drawings with New Fairy Tales
- Learn to Love Strawberries even more with the Strawberry Dispensary from Squash Nutrition
- Can Cook Domes - join the chefs in the 'Cook Along'; watch, cook and learn from one of their free 30-minute practical cookery sessions – where you leave with a meal you have prepared. To book please call **0151 650 6444** <tel:0151%20650%206444> .
- Try a taster massage to sooth those aching joints and relieve stress
- Have a go at Singing your Socks Off or reveal your inner thespian with Merseyside Amateur Theatre
- Cycle down to the Fair for the free clinics with Dr Bike

- Find out what's happening in your local Park
- Make an elastic band powered miniature boat and then enter it in the paddling pool race
- Learn how to make a kite out a single sheet of paper
- Discover what's happening at the Bluecoat and National Museums Liverpool

To see the full daily programme of the Feel Good Fairs please visit **www.culture.org.uk**
<<http://www.culture.org.uk/>>

Other highlights of Liverpool's On The Waterfront this weekend will be a show-stopping programme of quirky live street theatre, visual spectaculars, Picasso-inspired performance and Pirate palavers, starting with a night time spectacular - 'A Wave At Picasso' in the Albert Dock from 8.30pm on Friday, July 16.