

30th July, 2015

Keep Calm and Colour In!

Children have known for years that settling down to tackle a nice bit of colouring-in is a relaxing way to unwind and it looks like us grown-ups have finally caught on! Calm, Colour, Create is pre-school specialists, Redan Publishing's first magazine to target adults and will hit the newsstands on 30th July, providing a monthly shot of art therapy to frazzled parents up and down the country.

The new magazine offers 68 pages of intricate colouring and doodling spreads designed to help focus the mind and aid relaxation. Using a bespoke blend of patterns, mandalas and tangles, issue one has a marine and ocean theme and comes with a free cover-mounted gift of 5 colouring pencils, making it the perfect gift to pick up and go and an ideal travel companion for summer holidays.

Julie Jones, Joint Managing Director commented, "As a specialist in children's magazines we are well practiced in producing colouring pages, so we are delighted that adults are catching on to what children have known for years – colouring makes you feel good! With *Calm, Colour, Create* we have produced a monthly colouring title that not only gives readers the therapeutic benefits of detailed colouring, but also a sense of achievement in creating some really stunning patterns and images that they can be justly proud of, with the added benefit of free colouring pencils to get started."

Calm, Colour, Create also has its own dedicated social media pages where readers can upload and show off their latest creations, commenting on the work of others whilst sharing their own thoughts and inspirations.

Calm, Colour, Create Magazine will retail at £4.99 and is aimed at anyone with an interest in colouring. It will be available on selected newsstands from 30th July, 2015.

- Ends -

For further information regarding *Fun To Learn* magazines and *Redan Publishing Ltd* please contact Emily Bell on 01743 364 433 or emily@redan.com