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**Support networks and family**

The Black Dog Theatre Creation works with people to develop improved support networks and family relationships

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| Aim(s): | Intended outcomes: | Current activities & achievements: |
| Through performances we aim to support people to construct positive relationships with others including friends and families. We aim to encourage communication and listening to for understanding and increase resilience in maintaining positive relationships.  | 1. People form positive support networks and family relationships which help people cultivate relationships that provide emotional and practical support, increase resilience
2. An individual and/or family enjoys positive and constructive relationships with others; feeling and being socially connected.
3. An individual and/or family has the skills, understanding and emotional capacity to maintain and manage positive relationships.
4. An individual, family or carer receives support that increases their resilience, independence and/or reduces mental health issues and isolation
5. People have a clear understanding of where they can get support from.
 | 1. All our participants have reported back saying that they have formed stronger, positive relationships with family and friends.
2. Family members have reported an improvement in their relationships with participants.
3. Our performances work towards raising awareness of mental health issues and encourage talk about how we can best offer support.
4. Our recent “Madhatters Tea Party” was hailed as a big success in promoting positive talk about mental health issues.
5. We offer a programme which supports participants to communicate positively and to form positive relationships.
6. We work with local organisations to ensure that members know where they can do to gain support.
7. We have developed a strong link with the Rethink London SIBS group which offers support to siblings of those who suffer from mental health problems.
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People we work with:

We will work with any individual and we do our best to keep our work free. Below are some examples of the groups of people whom we have supported:

-Sufferers of poor confidence, anxiety, depression and low self-esteem.

-Those diagnosed with specific mental health conditions.

-Family members including siblings and those who care for mental health sufferers.

-Older people

-Victims of abuse

-Those suffering from long-term illnesses

-Lone parents

-Victims of hate crime

-Refugees and asylum seekers

- Those affected by unemployment and homelessness.

-Those with a physical disability.

-Those from ethnic minority groups.

Links with other organisations and individuals:

We are committed to working alongside other local organisations and individuals to support our projects and participants. We have worked with:

-Rethink Mental Health Groups incl. London Sibs

-Mind

-Together organisation

-Open Road

-Colchester Night Shelter

-Fresh Beginnings

-London ELMS

-Local medical practices