**Helping at a critical moment**

The Black Dog Theatre Creation supports people to rebuild their lives following a crisis, trauma, critical moment or illness.

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| Aim(s) | Intended outcomes | Current activities & achievements  |
| Through performance techniques we aim to offer support to those who have been affected by loss or poor confidence, self-esteem or mental health problems due to a crisis, critical moment or illness.  | 1. People are supported following a crisis, critical moment, trauma or illness and helped to move on positively with their lives.
2. People are made aware of how they can gain professional support in a time of need.
3. There is an improvement in how people feel about themselves e.g. improved confidence, self-esteem, resilience, it well-being.
4. People have improved mental health/ ability to cope.
 | 1. All our participants have reported back saying that they have developed in confidence, self-esteem, become more independent and have a positive outlook on life due to the support which we have given.
2. We offer a continuous support programme which is clear in its aims, non-threatening and built around everyone’s needs.
3. Regular workshops using performance techniques to develop confidence, self-esteem, Independence, resilience, coping strategies, communication, social skills, team work and positive well-being.
4. Encouraging participants to develop new skills including performance techniques e.g. puppetry, oral storytelling, music.
5. Through performance techniques all our participation has fed back to us feeling that they have become more resilient and have learnt new ways of coping with low moods, bad days and feel more stronger and supported.
6. All our participants have reported to have reconnected with their local community.
7. All our participants have improved with their mental health issues. They have become stronger as an impact of the projects, more resilient, gained new coping strategies and happier among themselves.
8. devise and perform small plays to our local community making performances accessible to all and raising awareness of mental health issues through performance and creating opportunities to talk about mental health issues.
9. Working with local support organisations and local schools, developing support materials and raising the profiles of other local support groups.

10. Our participants have worked with us to develop a help page as a feature on our Black Dog Theatre Creation website ([www.blackdogtheatrecreation.com](http://www.blackdogtheatrecreation.com)) to support others affected by mental health issues and where they can get support to help the wider community. |

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