**Strengthening the person within**

The Black Dog Theatre Creation works to support individuals to develop soft core skills including confidence, independence, communication, self-worth and positive well-being; becoming stronger emotionally and mentally with a positive outlook.

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| Aim(s):  | Intended outcomes: | Current activities & achievements: |
| Through performance techniques we aim to develop confidence, self-esteem, independence, communication and social skills, self-worth and positive well-being. We aim to support participants in becoming stronger emotionally and mentally and gaining a positive outlook.  | 1. People will feel more confident
2. People will feel more positive towards life.
3. People will form positive relationships.
4. People will feel more independent and feel that they have more control in life.
5. People will have gained coping strategies for when they are feeling down.
6. People will be able to express themselves and communicate easier.
7. People will feel calm and be able to manage their emotions easily.
 | 1. We have developed a programme which uses performance techniques to develop soft core skills including confidence, independence, communication and social skills and positive well-being.
2. We organise social events such as Christmas lunches, fundraising events to encourage participants to socialise and support each other.
3. All our participants have reported feeling more confident, independent and positive about life.
4. All our participants have reported that they have reconnected with society and were less anxious to leave the house.
5. Our performances have supported participants by giving them a positive goal to work towards and an achievement.
6. We encourage our participants to share their skills and to learn new skills.
7. All our participants have reported back as feeling more confident in social situations.
8. Through performances we raise awareness of how others can support those suffering from poor confidence and mental health issues.
9. We have observed many of our participants move on to taking up responsibilities within the group and within the community.
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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