

Imagining Futures

Imagining Futures is a programme combining mental wellness strategies and arts practice for young women aged 14-18, living in Lambeth or Southwark.

MINDFULNESS

DRAMA

SPOKEN WORD

PHOTOGRAPHY

MUSIC

Weekly workshops, 5 – 7pm at Mountview in Peckham.

Workshops will:

- Use creative writing, photography and drama with DBT and mindfulness
- Be led by Arts facilitators and a psychologist working collaboratively
- Aim to build self-esteem, empathy and confidence
- Be a place to think, create, have fun and be imaginative
- Be a place to develop creative skills and life-skills
- Be a caring, supportive and safe environment
- Include around 12 young women working together
- Run from Spring 2020 – December 2020

What skills will you develop?

Personal skills:

- Increase confidence, self-esteem and self-belief
- Working together in a group
- Communication skills

Practical skills:

- Organisational skills
- Creative skills: acting, performance, photography, creative writing, art and music
- Presentation and language skills

Extra support

- A Project Assistant who will help with how to attend the session.
- They will be available for pastoral support and mentoring.
- The programme will be delivered by caring and supportive staff.
- You will be given a contact number where you can text questions and concerns relating to the programme to the Project Assistant.
- We'll let you know where to ask for additional help and support with your mental wellness.

What is DBT?

Dialectical behaviour therapy (DBT) is a type of talking treatment.

It has been developed to help people who experience emotions very intensely.

The aim of DBT is to help you learn to manage your difficult emotions by letting you experience, recognise and accept them. Then as you learn to accept and regulate your emotions, you also become more able to change your harmful behaviour.

What is mindfulness?

Mindfulness means paying attention to thoughts, feelings and bodily sensations without judging them – without believing there's a right or wrong way to think or feel.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Attendance

We want you to attend as many of the sessions as possible.

You must tell us (in advance where possible) about any absences.

Location At Mountview and other neutral venues.