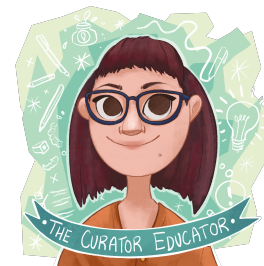


CraftNN for Wellbeing

Using the arts to improve mental health and wellbeing of people in the community.



The Curator-Educator is a creative organisation dedicated to developing creative opportunities that are accessible and inclusive to support people with people with their mental health and wellbeing.

What is CraftNN for Wellbeing ?

CraftNN for Wellbeing is a new series of creative wellbeing programmes from The Curator-Educator supporting the community with specific focuses in relation to their mental health and wellbeing. Each programme will have a theme specific focus aimed to support the community. These include:

- CraftNN for Anxiety
- CraftNN for Mindfulness
- CraftNN for Grief
- CraftNN for Happiness

How can CraftNN for Wellbeing help?

- increased confidence
- learning new skills
- provide creative strategies to support mental health and wellbeing
- having something enjoyable to do
- making friends

What happens?

When we receive your referral we will write to you and send you further details to your chosen programme.

CraftNN for Mindfulness This programme is made up of 6 weekly 2 hour sessions.

Workshops are small groups of up to 6 people . Activities include Japanese book binding and journaling, sewing and painting .

CraftNN for Anxiety: This programme is made up of 6 weekly 2 hour sessions.

The programme provides creative strategies to support people experiencing anxiety. Workshops are small groups of up to 6 people, and includes exploring senses, creating with music and exploring repetitive action in making.

CraftNN for Grief This programme is made up of 6 weekly 2 hour sessions. Workshops are for up to 6 people.

The programme is all about exploring a variety of ways in which we can process and share our thoughts and feelings around grief through a variety of creative activities including, journaling, kinstugi and photography.

CraftNN for Happiness This programme is made up of 6 weekly 2 hour sessions. A programme for up to 6 people. The sessions are all about exploring what makes us happy as an individual, looking at how we use positive talk about ourselves and others and using the arts to support this.

All sessions are friendly and welcoming and no previous arts experience is necessary.

In the workshops we don't ask you to talk about why you are attending but you will be required to complete evaluation forms aimed at measuring the health benefits of participating.

How can I take part?

CraftNN is available on a referral basis for clients with challenges with their Mental Health, with focus on anxiety, grief, mindfulness and happiness, so may cover many things for different people.

If you would like to access one of our creative wellbeing programmes you can ask your GP, social prescriber a community support worker or health care provider if they think it would benefit you. They will need to complete the attached referral form with you or you can complete a self referral.

You can do this via our website or contact us via email and request a referral form via thecuratoreducator@gmail.com

Referral form (All sections must be completed FULLY please)**CONFIDENTIAL**

Please indicate which programme you are applying for (tick one):

Mindfulness ☐ **Anxiety** ☐ **Grief** ☐ **Happiness** ☐

Applicant	
Name	
Date of Birth	
Address	
Postcode	
Telephone	Mobile
Email	
Signed	Date

NB: By providing us with your telephone number and/or email address you consent to us contacting you for course communications.

Referrer CraftNN for Wellbeing is an art programme run by professionals who are experienced at working with people who have complex needs. It is suitable for people with mild to moderate health conditions. If you would like more information and to talk about whether it is suitable for your patient/client please contact us at thecuratoreducator@gmail.com	
Name	
Job Title	Organisation
Address	
Postcode	
Email	
Telephone	Mobile
Signed	Date

Reason for referral (please tick all that apply)

Depression ☐

Stress ☐

Anxiety ☐

Grief ☐

Isolation ☐

Lacking confidence ☐

Other please specify ☐

Additional Information

Please use this space to tell us about anything else we should know about (e.g. other medical conditions, access or special circumstances). Please continue overleaf if required: