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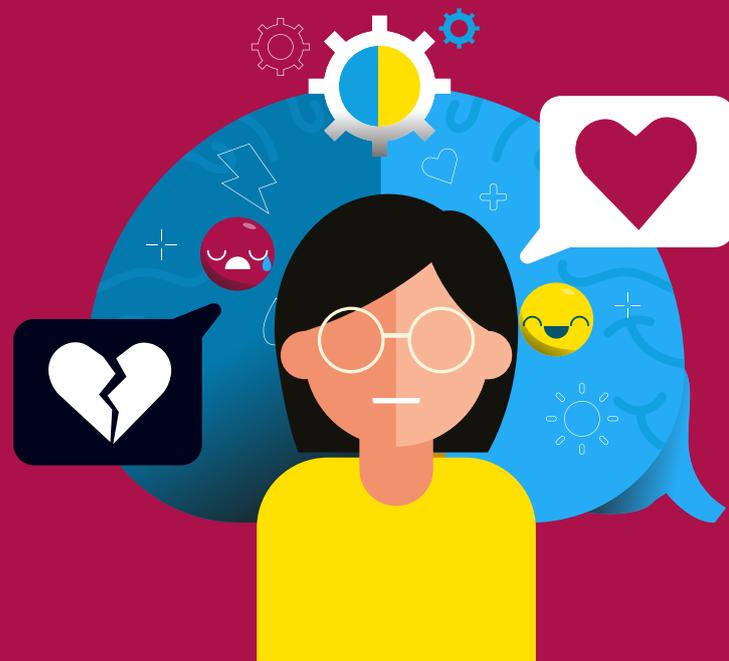
RECOVERY PROJECT

Using theatre to aid in the recovery of young people's mental health.



What is The Recovery Project?

Fluid Motion Theatre Company is offering four, half day sessions, specifically designed to aid in the recovery of children and young people's mental health. These practical, theatre based workshops are Covid-19 safe and delivered by specialist youth practitioners, experienced in dramatherapy. **Each workshop focuses on a specific topic that supports the rebuilding of friendships and social engagement. It gives young people support with ways to improve their physical and mental wellbeing. It provides positive coping mechanisms that may have been lost during lockdown and that have suffered during the Covid-19 pandemic.**



The four workshop topics are:

Workshop 1
Isolation

Workshop 2
Loss

Workshop 3
Coping

Workshop 4
Emergence

How does it work?

The project will begin in March 2021. Each workshop will run for a maximum of three hours, designed to fit easily into the morning or afternoon of a school day. Workshops will be run by two highly specialist practitioners experienced in dramatherapy techniques. These practitioners have an enhanced DBS check and have undergone Covid-19 Safe training. The project includes a resource pack which gives practical exercises on how to teach and support wellbeing in school after the project has finished.



How many students can take part?

Workshop groups can either be made up of students from a specific year group or a combination of several years. The same students will participate in all four workshops. The maximum number of students that can take part in each workshop is 30. However, due to the ongoing Covid-19 situation, exact numbers will be discussed with the school before any booking is confirmed.



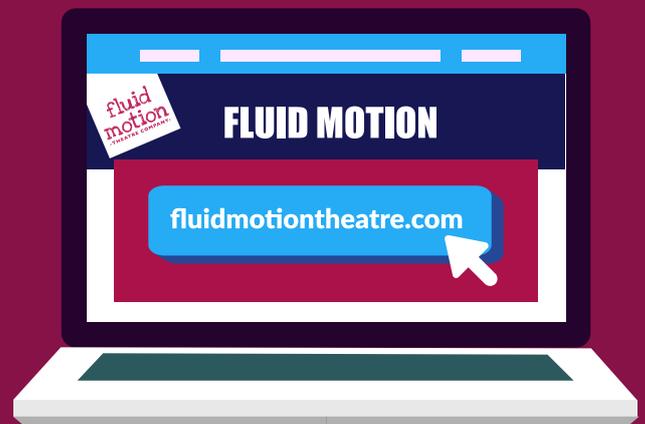
How does this project benefit young people?

The Centre for Mental Health predicts that **1.5 million** young people in England will need mental health services as a direct result of the Covid-19 pandemic. We believe that students need a proactive, timely and effective response to support their mental health before they reach crisis point. This project will better equip young people to process their feelings, anxieties and actions, so that they can start to rebuild, recover and thrive again.



Who is Fluid Motion?

Fluid Motion was established in 2010 and is a renowned arts organisation in England dedicated to improving, supporting and highlighting mental health. Our annual All in the Mind Festival is the only outdoor mental health arts festival in the UK.



Interested? What do you need to do next?

The cost to make a real and positive impact on your student's mental health is a contribution of just £500. Spaces are limited. To book your place on The Recovery Project please complete the booking form. If you have any questions please contact Natalie Watson, Project Co-ordinator at natalie@fluidmotiontheatre.com

BOOKING FORM

