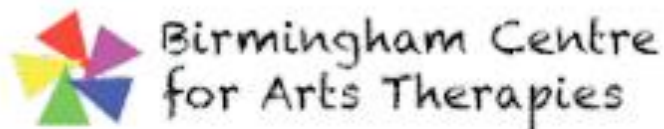


New project launch for 2020



HEALTHY THROUGH THE ARTS

a FREE programme of
prevention and healing through
professional arts therapies and
community arts in health



funded by
 Birmingham
City Council

BCAT is delighted to have received funding from Birmingham City Council to deliver a project to prevent the escalating mental health of Birmingham citizens.

How will this project help and support citizens?

Delivered in an outreach capacity in local communities
Provides ongoing holistic support
Citizen is always in control of their pathway
Quick referral process
For all citizens 18+, of all cultures and conditions
Not reliant on verbal ability and English language skills
Early intervention
Do not need a creative ability – its for anyone!
Supports our local libraries with community engagement
Provides safe spaces
Proven method of intervention
Remains free at the point of delivery
Provides opportunity and professional training
Alternative support to medication

LAUNCH EVENT FRIDAY 7 FEBRUARY

11AM - 2PM, BCAT Offices, Highgate

What is available?

- 12 weeks free arts therapies programme with qualified professional arts therapists
- Up to 5 free arts in health and well-being workshops for CVS

FOR ALL CITIZENS FACING ISSUES SUCH AS: ESCALATING MENTAL HEALTH ISSUES DISABILITY ANXIETY DEPRESSION ISOLATION LONELINESS ADHD TRAUMA THOSE ON THE AUTISTIC SPECTRUM BEREAVEMENT AND LOSS ADDICTIONS THOSE EXPERIENCING A CRITICAL LIFE EVENT SEXUAL OR DOMESTIC ABUSE REHABILITATION CARERS BURN OUT COPING WITH MEDICAL CONDITIONS THOSE LOOKING FOR ALTERNATIVE INTERVENTION OUTSIDE OF STATUTORY SERVICES

Speak to us on 0121 440 8273 or email talktous@bcat.info