

## Core Arts Promoting Positive Mental Health, Social Inclusion and Celebrating Diversity

*Refer your clients to Core Arts to access creative education that will improve their opportunities, promote their well-being, give structure to their day and prevent isolation.*

### Personalisation

Core Arts encourages self-referrals, we will contact agencies on behalf of an individual to support the referral, to ensure multi disciplinary support planning for Core Arts membership and duty of care for the individual if there are concerns regarding health or welfare.

★ The **Membership Manager** is the first point of contact for referrers, clients and existing members;

- Assessment of suitability for the service, current artistic skills and any support needs upon referral to the service.
- Thorough induction, and creative goal setting including objectives for managing any identified needs.
- Recovery, strengths and solution focussed support through 1:1 support sessions
- Initial and ongoing partnership working with support services involving the member, as required such as CPA feedback, assertive preventative planning, and signposting to relevant agencies.
- Creative Personal Development; evidence progression and achievements through creative work plans.
- Progression: encourage and facilitate further development such as volunteering, member involvement scheme or courses and work training.

★ You can download a Toolkit on how to access personal budgets from our website [www.corearts.co.uk](http://www.corearts.co.uk)

## Core Arts is open all year for referrals for over 18's experiencing and managing mental health issues

### How to Refer to Our Service

Eligibility for membership of Core Arts is the following;

- Current contact with Mental Health Services
- A CPA (Care Plan Approach) supported by either a social worker, care coordinator, CPN or key worker

Referrals will also be accepted for assessment from GP and partner agencies working with individuals who do not meet the above criteria but may be assessed as eligible using a personal budget;

- GP support managing mental health in the community
- Currently engaging with psychological services engagement
- History of mental health and previous contact with services
- Persons looking for meaningful activity and development opportunities

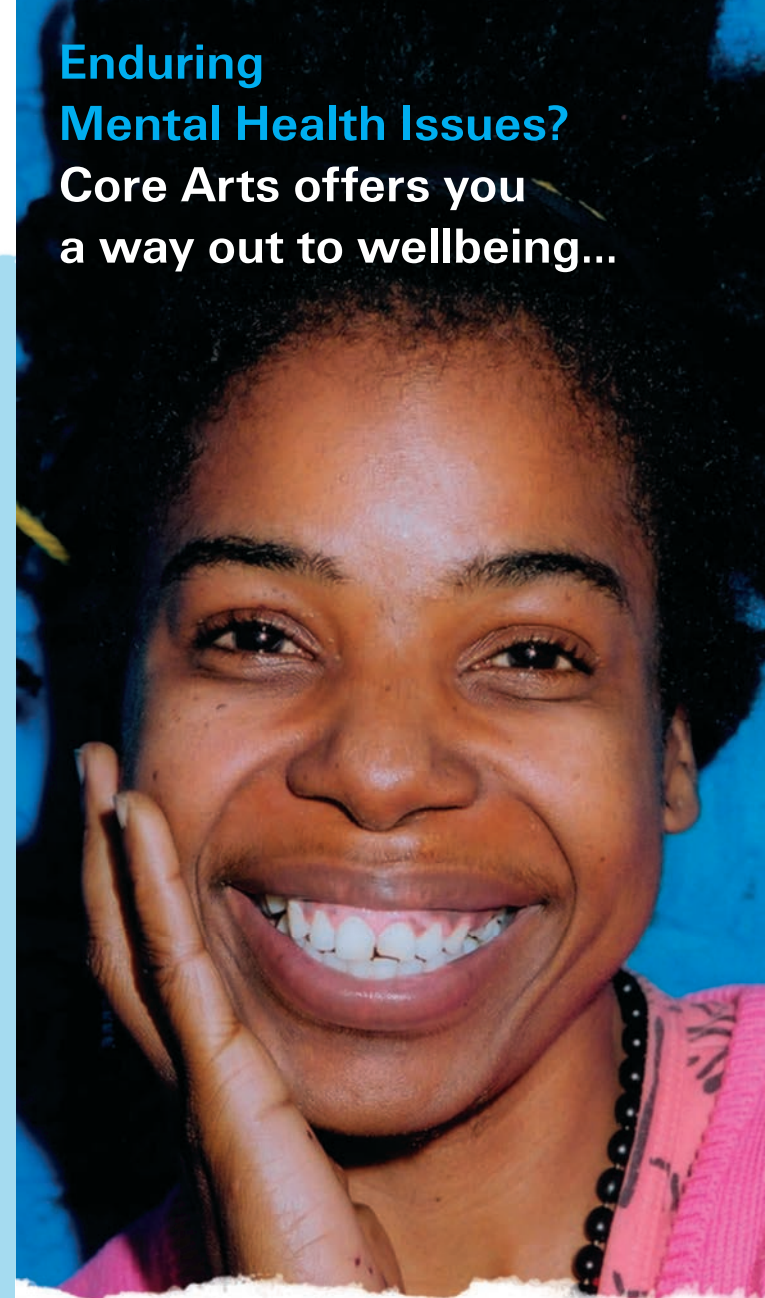
As a member you will have access to a variety of sessions and workshops run by professional tutors, with experience of the creative industries

★ **Applications for membership open all year. If you would like to refer or be referred to Core Arts please contact Emily Cubitt the Membership Manager on 020 8533 3500 or 0785 0003621  
Tours every Friday: telephone for an appointment email [ecubitt@corearts.co.uk](mailto:ecubitt@corearts.co.uk) or visit our website: [www.corearts.co.uk](http://www.corearts.co.uk)**

**Core Arts, 1 St Barnabas Terrace, London E9 6DJ**  
registered charity no: 1043588, company no: 2985939

## Enduring Mental Health Issues?

Core Arts offers you a way out to wellbeing...



*Core Arts, if you haven't heard about them, are the most progressive creative project for people with mental health issues in the world and are located in Hackney.*

Dr Martin Zinkler, Consultant Psychiatrist



## Core Arts is a leading mental health Day Care Service

### Service Aims

- ★ Core Arts has 20 years experience in providing best practice and best value in Mental Health Creative Day Care in London.
- ★ Based in Hackney it promotes positive mental health and wellbeing through creative learning.
- ★ Providing quality education, training, employment and social enterprise initiatives enabling people who experience mental health issues to overcome barriers, fulfill their potential and participate fully in their community.

Our mission is to support and promote recovery, social inclusion and mental wellbeing through the arts and enhance service user experience.

*My psychiatrist was shocked at the change in me after I started Core. He said he knew that my progress wasn't down to him, but to me. I give all the credit to Core.*



## Core Arts offer a fully equipped and staffed Creative Day Service

### Psychological Wellbeing through Creative Education & Practice

- ★ Offering access to 50 + creative classes a week under four departments: Arts, Music, Multimedia, Horticulture.
- ★ Open studios and resources to work on self directed projects. 3 bookable studios, 4 exhibition spaces, 2 art studios & an ICT Suite.
- ★ 32 professional PGCE trained, established and practicing tutors offering excellent education and inspiration in the creative arts. Effective individual guidance and support in personalised progression and skills development.
- ★ 50 creative volunteers, working as tutors assistants per week offering 1:1 individual support and guidance.

Individual assessment of referral and Creative Work Plan goal-setting with achievable objectives to promote success and provide personalised service tailored to the individuals needs and aims.

- ★ 8600 daily visits per year. 48,000 hours contact time with clients.

Experienced staff team including a Senior Management Team, Membership Manager, Education Manager, supported by an Events Manager, Facilities Manager, technicians, an IAG support Worker and 4 mentors offering advice and guidance.

### Supportive Holistic Learning Environment

*Friendly, open door policy, personal goal setting, mentoring and creative freedom.*

## Progression to Wellbeing

### Progression Pathways

- ★ Opportunities for clients to progress to public performances, exhibitions, publishing, further education, volunteering, work experience opportunities and employment.
- ★ Placements in our award winning innovative Social Enterprises:
  - Core Landscapes (Horticulture company)
  - Core Design (Graphic Design company)
  - Not your average type (Digital Publishing company)
- ★ Opportunities to volunteer, develop existing skills and experience work like activity and training; including contributing to the running of Core Arts through the members Involvement Scheme and Core Council.

### Community Events and Social Inclusion

- ★ Core Arts offers an internal and external events program with over 70 events a year, giving members opportunities to exhibit, perform and socialise in a safe space.
- ★ The hall has a 300 capacity, with a fully equipped stage run by technical staff, special guest artists and bands and a fully licensed bar.
- ★ Partnerships and networking opportunities offered regularly to clients with creative institutions across London, the UK and abroad.

### Award Winners, including:

- Opening Doors to Adult Learning NIACE
- International Impact Award (UK)
- Angela Vivienne Award
- Green Pennant Award

