

Taking Part Workshops

...Creating Better Health

**Bright Spots
Northumberland
and Tyne & Wear**

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There is good reason to believe that taking part in groups and activities is good for mental health.

The Bright Spots project aims to increase community well being by increasing the capacity of groups, and joining them more with health professionals.

How will we do this?

Parties with food, drink, music, networking, and good quality conversation with people who share your vision and values, at great locations near to you.

We also maintain an online database of local arts groups that has been designed by and with local health professionals to help them refer local arts activities.

What's in it for groups?

Become part of the region's arts and health hub. Learn and network with other groups and health professionals in your area to understand more about how they can support your activity and help you to be more successful.

What's in it for health professionals?

Expand the options for your patients or service users with common mental disorders such as anxiety, depression and panic. Link directly with local workshop providers who offer arts to improve health. Tell them your patient's needs, and help shape activities to create better health in your area.

Get involved

You can get involved in a range of ways.

We'll be hosting parties for people to get together. All free, all local.

You can also get listed on our database, which is used by health professionals in the area. To do this there are some questions that a member of staff will go through with you over the phone, or send by post or email.

You can go to the website: www.takingpartworkshops.org.uk and go to the 'take part' section or email takingpartworkshops@nhs.net

Who are we?

Taking Part Workshops (TPW) is a Community Interest Company based in Wallsend. We have been delivering 'arts and health' projects since early 2008 in the Tyneside area. We use arts to 'create better health': check www.takingpartworkshops.org.uk for more information.

'Bright Spots' is an NHS funded project, being delivered jointly by Taking Part Workshops and DAWN Advice – a provider of free, specialist advice on debt, housing and welfare benefits.

www.takingpartworkshops.org.uk

