

Eastleigh Community

CREATING CHANGE

CREATIVE WORKSHOPS FOR POSITIVE PROGRESSION

with BearFace CIC



2022
BACKGROUND AND INFORMATION ABOUT THE
CREATING CHANGE PROGRAMME



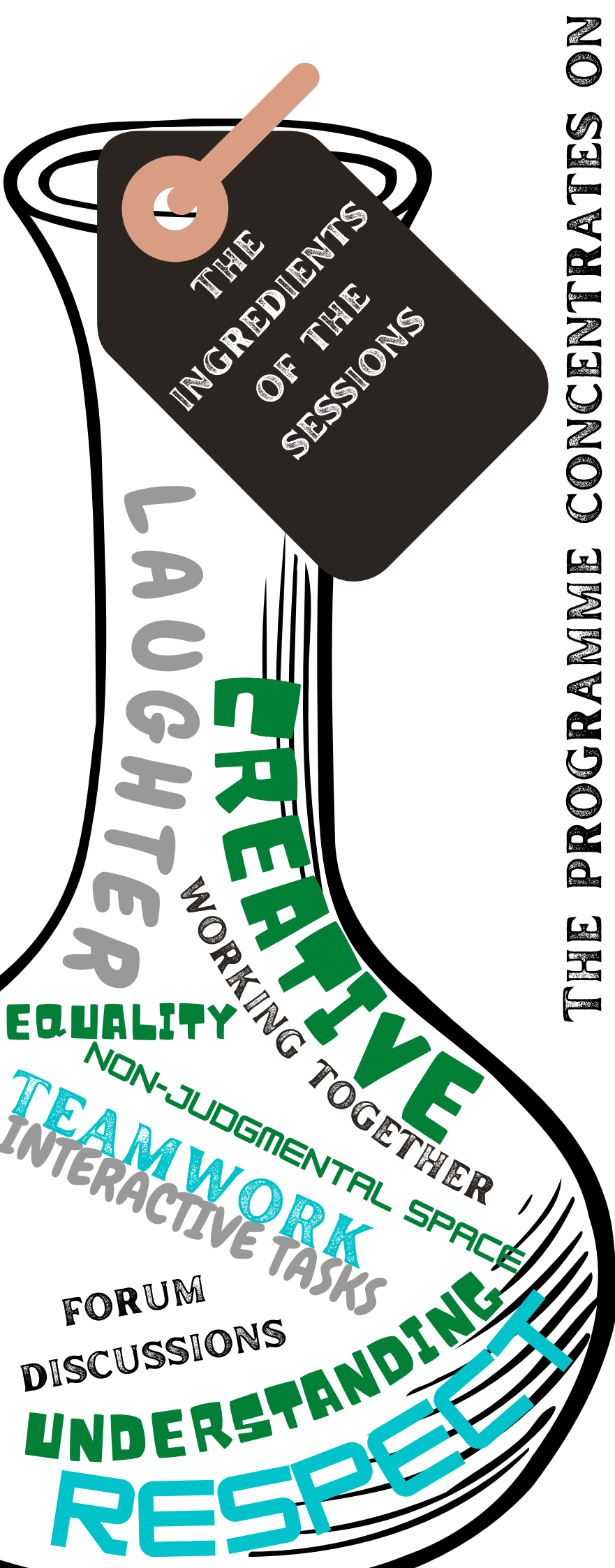
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**ARTS COUNCIL
ENGLAND**



Hampshire
County Council

**B E A R
F A C E**





THE
INGREDIENTS
OF THE
SESSIONS

THE PROGRAMME CONCENTRATES ON

WORKING IN A GROUP
**CONFIDENCE
& SELF ESTEEM**
IDENTIFYING &
EXPLORING
PERSONAL DEVELOPMENT,
SUPPORT NETWORKS
& SETTING ACHIEVABLE GOALS.
FINDING OPPORTUNITIES &
GAINING PERSPECTIVE
FOR

POSITIVE PROGRESSION

CREATING

Creating Change began in 2017 and has proven to be a popular and effective way of exploring pathways to aid positive progression and feel more emotionally healthy.

It is popular because it is fun, led by the group and no one is dictated to.

The space is safe and follows a 'challenge by choice' ethos.

Creating Change is a different way of working through things and an opportunity to explore and discover effective creative responses to everyday life.

Jen & Kate (BearFace) have been working in Hampshire and the surrounding counties for nearly 10 years using our mix of playful applied arts to encourage spaces that invite co-creation, creativity and democratic thinking.

For more information, research reports and a flavour of our other projects please visit our website.

CHANGE



WWW.BEARFACETHEATRE.ORG

“LOTS OF PEOPLE HAVE A LACK OF UNDERSTANDING OF EMOTIONS AND HOW TO DEAL WITH THEM BUT THIS IS MAKING YOU THINK ABOUT YOUR DAILY LIVES AND HOW YOUR ACTIONS AFFECT YOUR LIFE ... IT'S GOING TO HELP ME UNDERSTAND MY SON A BIT MORE TOO. I THINK THIS IS GOING TO MAKE ME BE A BIT CALMER BY UNDERSTANDING EMOTIONS BETTER”

FEEDBACK FROM PARTICIPANTS

“THIS PROGRAMME ACTUALLY TAKES ME BACK TO FEELING LIKE ME. YOU'RE DOING STUFF THAT YOU WOULDN'T USUALLY BE DOING. I'VE GOT AN AWFUL LOT OF STUFF GOING ON WITH ME...I KNOW I CAN COME HERE AND IT'S LIKE REFRESHING PART OF MY BRAIN.”

“I LIKE THE WAY IT MAKES YOU LOOK AT THINGS DIFFERENTLY – GETTING UP AND DOING STUFF MAKES IT MORE MEMORABLE. I SUFFER FROM POOR MENTAL HEALTH, BUT THIS GROUP HELPS ME THINK ABOUT THINGS IN A NEW WAY AND IT'S FUN”

PLEASE TELL ME HOW !?!

OUR OFFER

We are looking for established community groups who are interested in having up to 3 fully funded taster sessions between now and April 2022 supported by Hampshire County Council's Get Going Again fund.



Please get in touch
jenny@bearfacetheatre.org



**“I THINK IT WAS
ABSOLUTELY
BRILLIANT TODAY. I
DO SUFFER FROM
NERVES, SOCIAL
ANXIETY, BUT
COMING TO THE
GROUP HERE HELPS
IT. AND HAVING FUN
IS GOOD!”**

I want to be the best i can be

