



community**focus**
THE ALL INCLUSIVE ARTS CENTRE

ARTiculate Futures

at Community Focus



Projects take place during the day in term time, after school and holidays.

These are usually 8 week programmes (2 hours per session) or 4 day programmes in the holidays (11am – 3pm).

ARTiculate Futures is part funded by **John Lyons charity**.



Bespoke creative projects including painting, photography, film, mixed media, dance, music, ceramics, textiles, spoken word, drama and creative writing.

For young people aged 16-25 at risk of or experiencing **mental health** issues. All abilities welcome.



What will the projects achieve...

We aim to enhance and celebrate the positive mental health and wellbeing of young people (16-25) living or studying in Barnet through exciting arts based projects. Our projects target young people who may be at risk of or experiencing mental health issues such as anxiety, low moods or depression. By taking part young people can develop skills for life such as:

- A sense of self and ability for expression through expressive arts
- Collaborative working
- Learn creative skills
- Build friendships
- Confidence through participation

Where will the projects take place...

Community Focus has an accessible building , EVAC chair, accessible toilets (but no hoist), elevator-lift, access amp, accessible tables/sinks, tripods, ceramic wheels, kiln, dual mac+pc suites.

We also offer outreach projects and partnerships with schools, colleges and community venues.



To register yourself or young person onto ARTiculate Futures or for further information call and speak to Phoebe or Sophie on 0203 318 3019 or email articulate@communityfocus.co.uk or visit us at Friary House, Friary Park, Friary Road, London , N20 0NR
www.communityfocus.co.uk

