**Supporting the reduction of isolation and helping people to reconnect with Society**

The Black Dog Theatre Creation works to support people who have become isolated or are at risk of becoming isolated members of society. We help people to regain the confidence to reconnect with society.

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| Aim(s): | Intended outcomes: | Current activities & achievements: |
| Through performance techniques we aim to support people who have become isolated or are at risk of becoming isolated within society. We aim to help people to gain the confidence to reconnect with society and to live active lives.  | 1. People whom are at risk of becoming isolated will feel supported and not afraid to leave their homes.
2. People affected by isolation or at risk will feel that they have a purpose.
3. People will have the tools to combat feelings of isolation and fear of leaving their homes.
4. People will be supported to attend workshops.
5. People will have gained the confidence, independence to reconnect with society.
6. People will have developed tools to support them if they feel anxious in social situations.
7. Raise awareness of the signs of isolation and how people within the community can support others affected.
 | 1. We have developed a clear and successful working public engagement policy with tried and tested strategies for reaching those hard to reach.
2. We have formed strong links with local organisations and groups to reach those who are isolated or at risk.
3. We have implemented strategies to address key factors for why people may have difficulty accessing our projects. (E.g. financial support, transport, confidence, mobility)
4. All our participants have reported back to us saying that they have reconnected with society. They feel more confident in leaving their homes, using public transport and being in busy places.
5. Some of our participants have developed a link with The Science Museum, London where they have been supporting the development of a new gallery space.
6. Some of our participants have since taken up voluntary roles, employment and training.
7. Some of our members have taken up key roles as members of our Trustees and support the running of our projects.
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People we work with:

We will work with any individual and we do our best to keep our work free. Below are some examples of the groups of people whom we have supported:

-Sufferers of poor confidence, anxiety, depression and low self-esteem.

-Those diagnosed with specific mental health conditions.

-Family members including siblings and those who care for mental health sufferers.

-Older people

-Victims of abuse

-Those suffering from long-term illnesses

-Lone parents

-Victims of hate crime

-Refugees and asylum seekers

- Those affected by unemployment and homelessness.

-Those with a physical disability.

-Those from ethnic minority groups.

Links with other organisations and individuals:

We are committed to working alongside other local organisations and individuals to support our projects and participants. We have worked with:

-Rethink Mental Health Groups incl. London Sibs

-Mind

-Together organisation

-Open Road

-Colchester Night Shelter

-Fresh Beginnings

-London ELMS

-Local medical practices