**Positive choices**

The Black Dog Theatre Creation helps people whose actions or behaviours have led to negative consequences for themselves and others, to make positive choices and to work towards positive goals and achieving a positive outlook.

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| Aim(s): | Intended outcomes: | Current activities & achievements: |
| Through performance techniques and discussion, we aim to support participants to think positively, have a positive outlook on their lives and have goals. We aim to offer ways of coping with bad days and problems which may occur.  | 1. People have a positive outlook in life and manageable goals.
2. People have been given possible coping strategies for dealing with negative low points.
3. People know the signs of feeling low and know what to do.
4. People are engaging in learning new skills.
5. People can take a step back and deal with problems without panicking or becoming disheartened.
6. People have been supported in living a healthy lifestyle.
 | 1. We have developed a programme which supports our participants to think more positively and to form positive, manageable goals to achieve.
2. All our participants have reported back saying that they have become more positive and less anxious dealing with daily chores.
3. Friends and families have fed back to us highlighting that since attending the group, relationships have improved and strengthened through understanding, communication and positivity.
4. Through performances we regularly model to others how to live a happier, healthy lifestyle.
5. Our members have developed coping strategies for dealing with bad days or problems which we share on our website and in performances.
6. We are committed to leading short workshops which support key issues e.g. anxiety and stress.
7. We encourage our participants to learn new skills and to share existing skills with others e.g. including performance techniques e.g. puppetry, oral storytelling, music.
8. Working with local support organisations and local schools, developing support materials and raising the profiles of other local support groups. We have performed in Schools bringing to life short performances based on teaching young children how to cope with having a bad day.
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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