

Services description

At CreArt Community we believe in a holistic approach towards mental health and well-being, an approach that considers the person as a whole, taking into account their physical, emotional, social, well-being.

We recognise that mental health is not just the absence of mental illness, but also the presence of positive mental health and well-being.

We tend to addressing the root causes of mental health issues. This approach considers all aspects of a person's life, including their environment, relationships, lifestyle, and cultural beliefs. It also recognises the importance of early intervention and prevention, as well as the need for ongoing support and care.

CReART community offers a range of services to support individuals and communities. Our approach is centered around:

Social prescribing

which involves referring patients to non-medical activities and services in the community to improve their overall health and wellbeing.

Cooking together

A healthy eating workshop is a designed to help individuals make informed choices about their diet and nutrition. The workshop typically involves a presentation on the importance of a healthy diet, the benefits of various food groups, and strategies for incorporating healthy eating habits into daily life.

During the workshop, participants may learn about the different food groups and how to balance them in their meals. They may also learn about the importance of portion control, reading nutrition labels, and preparing healthy meals at home. The workshop may also

include a cooking demonstration or a hands-on activity where participants can practice preparing a healthy meal or snack.

Movement for health

Our movement for health session focuses on improving physical health and wellbeing through movement. These sessions are designed to be accessible to people of all ages and fitness levels, and can be adapted to meet the needs of individuals with different physical abilities.

The movements are typically low-impact and gentle, and may include stretching, breathing exercises, or other forms of movement. The goal is to improve flexibility, balance, strength, and overall physical function, while also reducing stress and promoting relaxation.

Digital skills

Digital skill classes for migrant women are designed to help women who may be at risk of digital exclusion to develop the skills and confidence they need to use digital technologies effectively. These classes are typically tailored to the specific needs and experiences of migrant women, taking into account any language or cultural barriers that may exist.

The digital skill classes may cover a range of topics, including basic computer skills, internet navigation, online safety and privacy, email, social media, and online job searching. The classes may be delivered in a structured format, with a set curriculum and learning objectives, or may be more flexible and tailored to the needs and interests of the participants.

We are preparing the community home office registration so we can start legal advice for asylum seekers and refugees

We will soon start ESOL classes.

Youth intervention projects

Tailored for youth with risk behaviour problems and designed to provide support and guidance to young people who may be struggling with mental health issues and engaging in risky behaviours. This program is tailored to meet the specific needs of young people, taking into account their individual experiences and challenges.

The program may include mental health support through music and dance interventions, which can provide a creative outlet for young people to express themselves and process their emotions.

In addition to the music and dance interventions, the youth intervention program may also include individual and group counselling sessions, peer support groups, and educational workshops on topics such as healthy relationships, substance abuse prevention, and stress management.

The goal of the youth intervention program is to provide a safe and supportive environment for young people to address their mental health needs and develop healthy coping strategies. By engaging in music and dance, young people can build self-esteem, improve their mood, and reduce stress, which can have positive impacts on their overall mental health and wellbeing.

Our staff members are trained and experienced in their respective fields.

Marlene Fortes is an MSc in movement in health and a training movement psychotherapist with a BA in international relations.

Grace Namwanje is a social prescriber with a BA in public health.

Carlos Costa is a level 2 migrant advisory,

Dolvin Blake is a music engineer,

Olu Amudipe is a commercial Director, and

Neida Martinho is a computer engineer.

We are also aiming to train three mental health coaches through the NHS lean into life course who will support the community in different languages, including Portuguese, Spanish, Creole, Urdu, and Farsi.

Our goal is to provide a range of services that support mental health and wellbeing in a holistic and culturally sensitive way.