



INSPIRE - CREATE - EXCHANGE

ICE HERITAGE

2021-2023



FREE ARTS WORKSHOPS AND CREATIVE OPPORTUNITIES FOR YOUNG PEOPLE

Delivered in partnership with Hampshire CAMHS and Hampshire Cultural Trust

“ I think it's important to be creative and be involved with this sort of stuff, because it helps us relax. And it just helps you let off steam and be yourself for a bit. ”



“ We believe that taking part in arts activities is hugely beneficial for positive mental health. ”

ABOUT ICE HERITAGE PROJECT

Hampshire CAMHS (Child and Adolescent Mental Health Service) & Hampshire Cultural Trust are working in partnership to offer young people a programme of creative workshops and to work with professional artists in local cultural venues.

Joining our programme boosts confidence, communication and social skills. It is fun, can make you feel great and is a good way to meet young people in a safe and supportive space. Previous young people have enjoyed a range of artforms; photography, filmmaking, drama, lyric writing, fashion design, printing and more.



INSPIRE DAYS

FREE taster sessions as an opportunity to try different artforms



CREATE

10 week programmes for young people to develop their skills in an artform in small groups.



EXCHANGE

Young people can develop projects linked with a local venue including volunteering, workshops or designing other opportunities for young people



HOW TO GET INVOLVED

- You need to be aged 11–18 years
- You need to be known to Hampshire CAMHS – this can mean you are open to us, on the waiting list or have been recently discharged.

To find out more ask your clinician or your local CAMHS team, email: spnt.hantscamhsinnovation@nhs.net

or fill out the attached tear off slip and hand it to your local team base.

Spaces are limited to 15 people per project, on a first come basis and limited to one project per individual.

The programme takes place in Hampshire Cultural Trust local community museums. These venues provide a nurturing and safe environment for young people to be creative and inspired by it's rich heritage and collections.

ALDERSHOT

Aldershot Military Museum,
Queens Avenue,
Aldershot, GU11 2LG

ANDOVER

Andover Museum
6 Church Close,
Andover, SP10 1DP

FAREHAM

Westbury Manor Museum
84 West Street,
Fareham, P016 0JJ

For information please about Hampshire CAMHS please visit

www.hampshirecamhs.nhs.uk

For information about the ICE Heritage project and venues please visit

www.hampshireculture.org.uk/social-impact-young-people/ice-heritage

To sign up for this opportunity please contact your care coordinator or directly to CAMHS Innovation team on spnt.hantscamhsinnovation@nhs.net or fill out the attached tear off slip and hand it in at your local team base and we will be in touch

INSPIRE DAYS AND PROGRAMMES

INSPIRE DAYS – Delivered in the lead up to the beginning of the CREATE programmes

FAREHAM: Thur 18th Nov, 5pm - 8pm, Sculpture, Theatre Puppets, Photography

ANDOVER: Sun 7th Nov, 10:30am - 2.30pm, Printmaking, Music, Leather craft

ALDERSHOT: Sat 13 Nov, 10:30am - 2.30pm, Music, Photography, Kintsugi Ceramics

CREATE 10 week programmes and EXCHANGE will be available throughout the year

For information and dates of upcoming **INSPIRE DAYS, CREATE programmes and EXCHANGE** visit: www.hampshirecamhs.nhs.uk

For information about the **ICE Heritage project** and venues please visit: www.hampshireculture.org.uk/social-impact-young-people/ice-heritage

Name (Young Person):

Age: Gender (as identifying with):

Name (Parent/Carer/Guardian):

Contact phone number:

Email Address:

Address:

Your Care Coordinator's Name:

Team/Area:

Which location would you be interested in attending: Aldershot Fareham Andover

Artforms that you are particularly interested in:

Printmaking	Filmmaking	Music	Lyric writing	Fashion design
Creative writing & Poetry	Painting	Photography	Ceramics	Other