



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](mailto: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](http://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](http://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](mailto: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 21st Oct, 5pm - 8pm, Sculpture, Theatre Puppets Animation

**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](http://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](http://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