

HEADSTART



Arts on Prescription programme for young people aged 13 - 17 years

Using art to improve the health and wellbeing of young people who experience stress, anxiety or depression.

Arts for Health is a local charity that improves health and wellbeing through using art to enhance health care environments and through providing art activities in the community.

HEADSTART is an Arts on Prescription programme that offers young people aged (13 – 17) access to high quality arts activities in a low stress, supportive environment. Through focusing on hands-on art activities we provide relaxation and distraction, giving participants personal space away from day to day life.

How can HEADSTART help?

- increased confidence
- learning new skills
- distraction from pain and problems
- having something enjoyable to do
- making friends

What happens?

When we receive your referral we will write to you and invite you to attend a HEADSTART programme.

Each programme is made up of 10 weekly 2 hour art workshops.

Workshops are small groups of up to 8 young people and led by professional artists.

Workshops are FREE and all materials are provided.

Sessions are friendly and welcoming and no previous arts experience is necessary.

Activities include drawing and painting, print-making and simple sculpture.

Workshops take place at the Arts for Health Workshop, upstairs at Kingston Library, 54, Winchester Circle, Kingston, MK10 0BA.

In the workshops we don't ask you to talk about why you are attending but you will be required to complete evaluation forms aimed at measuring the health benefits of participating.

How can I take part?

HEADSTART is available on a referral basis for young people who experience depression, stress and anxiety.

You can ask your GP, a community support worker or health care provider if they think it would benefit you. They will need to complete the attached referral form with you.

Or you can get in touch with us directly on 019089961244, info@artsforhealthmk.com

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Arts for Health (Milton Keynes)

Registered Charity Number 110762

Registered Company in England & Wales Company Number 05137693

Tel 01908 996124 info@artsforhealthmk.com

HEADSTART referral form



Applicant	
Name	
Date of Birth	
Address	
Postcode	
Telephone	Mobile
Email	
Signed	Date

Referrer HEADSTART is an art programme run by artists who are experienced at working with people who have complex needs but they are not trained therapists. It is suitable for young people with mild to moderate health conditions. If you would like more information and to talk about whether it is suitable for your patient/client please call us on 01908 996124 or email info@artsforhealthmk.com	
Name	
Job Title	Organisation
Address	
Postcode	
Telephone	Email
Signed	Date

Reason for referral. Please tick all that apply	
Depression	
Stress	
Anxiety	
Social isolation	
Lacking confidence	
Pain management	
Other – please specify	

Please use this space to tell us about any other medical conditions or special requirements we need to know about.

Return this form by email to info@artsforhealthmk.com or by post to **Arts for Health, Facilities Directorate, MK Hospital Standing Way, Milton Keynes, MK6 5LD**