



Birmingham Centre for Arts Therapies

Delivering arts in health
and well-being
workshops



ART
DRAMA
MUSIC
DANCE
PLAY

www.bcat.info

ARTS THERAPIES VS ARTS IN HEALTH

We should expose you to the arts in health vs arts therapies difference as the work of BCAT is split over the two themes.

ARTS THERAPIES are carried out by qualified professional therapists who have been trained to assist clients with behavioural, emotional or mental health issues. Arts therapies are usually a series of confidential sessions where client and therapist work in a safe space to address issues.

ARTS IN HEALTH can be shorter therapeutic sessions that bring about positive feelings of health and well-being. People who carry out arts in health sessions do not necessarily have to be qualified and are there to provide a short term therapeutic experience.

Arts in Health (AIH) workshops

Arts in Health and Well-being is a proven method of intervention that supports the mental and physical health of our communities. AIH can be used as a tool that compliments other forms of intervention that allows a person to stay in a positive state. Arts based workshops can promote prevention of disease and build well-being in all environments.

BCAT provides Arts in Health facilitated workshops that cover an array of creative activities based around art, dance, drama, music and play.

BCAT have an extensive resource of professional Arts in Health facilitators who have the necessary experience and qualifications to facilitate community groups looking for engaging, fun and therapeutic workshops.

Our Arts in Health facilitators and volunteers come from an array of backgrounds and are fully vetted by BCAT and hold an updated DBS.

Who do we work with?

As well as providing our own community Arts in Health projects, we also work with an array of charities; businesses; health services and community groups across Birmingham and the West Midlands.

Our Arts in Health service also supports the careers and development of those on our Volunteer Development Programme (VDP) - allowing them to gain necessary experience for their own carers.

BCAT can provide:

- experienced AIH facilitators
- advice on co-ordinating Arts in Health services
- talks and support on health and wellbeing
- all necessary materials needed for workshops
- the option of holding sessions in BCAT's studio (for additional cost)
- flexibility to ensure we work to your requirements
- DBS checked facilitators
- an array of creativity within art, dance, drama and music and play

STEP ON and BCAT STARZ

BCAT run two free community groups - STEP ON for adults and BCAT STARZ for children.

Our community groups are open to all and generally take place in our libraries. Check www.bcat.info for details on the nearest groups.

If you are interested in referring someone on to these groups then please let us know.

How to book

Workshops are **£25 per hour**.

To book an Arts in Health facilitator please contact:

t: 0121 440 8273

e: talktous@bcat.info

'The BCAT workers who delivered our sessions for young carers were nothing but brilliant'
Lizzie Wentworth,
Spurgeons Youth Worker





find us on Facebook and Twitter
@mailbcac



Contact

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