Welcome...

to our February issue of artSpeak.

Quite fitting that we scheduled a dance therapy edition considering how overjoyed we were to be the chosen charity for the Kings Senior Dancers showcase at the Kings School Worcester. We sent our Business Manager along to support the evening, and were so pleased and proud of the dancers who put on an excellent show, and raised over £850 for us.

This really is extraordinary, so thank you to Skye and her team of dancers.

As we move forward we will be in a stronger place both digitally and strategically as we finally can say goodbye to our server that has kept us together for over a decade now! We are now utilising the Microsoft Charitable scheme and have moved to the Cloud. We have now been able to review and update all of our IT systems. It is our intention over the next few months to introduce new packages for accounting and customer relationship that will allow us to run more efficiently.

I am personally delighted that our EAL project has hit the ground running so to speak. By the number of children we are currently working with, it is very evident that so many young immigrant children have come to the UK loaded with trauma and emotional unbalance. One particular school wanted to refer 60 pupils on to arts therapies, which shows the scale of the issue schools are facing at the moment. We move forward with enthusiasm and commitment to play our part in tackling this issue.

There is so much change going on a BCAT at the moment that it is sometimes difficult to comprehend - but it is all exciting and positive change that will secure BCAT for the foreseeable future.

Dr Angela Fenwick
BCAT Director and Consultant Music Therapist
Dance Movement Therapy is the use of dance and movement to develop a deeper understanding of the individual self.

Through the use of movement and/or dance, the client and therapist will explore the therapy space together exploring personal and interpersonal issues that may affect the individual or group.

We all use our bodies to express emotions and fear regardless of our ability or disability. One of the roles of the Dance Movement Therapist is to encourage the awareness of one self and the abilities one may have for expression through movement.

Dance Movement Therapists practice in a wide range of environments; being employed by the NHS, working in prisons, schools, working with groups and individual clients who have a wide variety of needs and disabilities.
Integrated Dance Movement Psychotherapy for Arts Workers and Community Groups: Practical Methods & Accessible Techniques

Terrence Wendell Brathwaite
BCAT, Head of Dance Movement Therapy

What is Integrated Dance Movement Psychotherapy (IDMP)?
Transcending national, social and disciplinary boundaries, IDMP is the psychotherapeutic use of a whole array of empathetic dance cultures and naturalistic movement vocabularies. As a creative intervention IDMP is not thought to ‘cure’ in the modern Western sense of prophylaxis and the immune reaction, but rather seeks to maintain or re-establish within the body, the balance of cosmic forces, without which, health and vigour are unobtainable (Barton, 2016; Highfield, 2007). Driven by polyrhythmic music, IDMP therefore embodies a complexity of symbols, metaphysical meanings, and an assemblage of imagery celebrating the synchronicity of life as it is lived (Gunn, 2006).
The Historical Significance of IDMP

Modern scholars agree that humanity originated in Africa, where generations upon generations of prehistoric tribes survived with non-verbal modes of communication - animal-like throaty sounds, movement gestures, sketches - to exchange their ideas before they became dependent on a single prehistoric African mother tongue/verbal dialect (Derbyshire, 2011).

Since then, we have become an eclectic human race collectively migrating and evolving under one sky. However, non-verbal forms of communication such as dance continue to play an important part of all aspects of social life, as the ‘story-telling vehicles’ which furnish the necessary background perspective to enable the onlooker to fully appreciate the history and culture of a people. For example, during the Caribbean Live Arts Festivals of the multicultural Commonwealth Caribbean, the visible movements of the body (or ‘dancing the body music’) with a dramatic gist, arouses the spectators’ mass participation in action, reaction, inner-conflict resolution, harmonising of the complete personality, and eventual social restorative justice. Thus, rather than use the foreign expressive arts concepts of their former ‘colonial landlords’ as universal instruments to help analyse and solve their problems, or improve their mode of life, these colonised and post-colonial communities re-shaped and indigenised such dance and movement languages to retain a deeper meaning that was inexpressible verbally, but extremely rich in metaphor, mythology and imagery. In other words, to understand Caribbean culture, you must first get to know its people and experience their story, not ‘his-story’.

How does IDMP work?

Using as its foundation the power of such symbology, color, and voluntary human interaction in the Carnival Live Arts Festivals, IDMP complements the creative art of dance, with inter-cultural spirituality, polyrhythmic music, song, drama, visual spectacle, poetry and play in a truly inimitable manner. This is because the diverse, visible patterns of dance in IDMP are dictated by the client’s choice of corresponding arts forms, that are rudimentary to the Carnival socio-drama, which provides an opportunity for revellers and spectators to mobilise their feelings of comfort or discomfort with improvisational authentic movements, that signify a spontaneous, holistic emanation of their daily lives.
Moreover, in the Caribbean archipelago, the music is much older than the dance, and before a dance can be created, an event (whether positive or negative) must happen that the people choose to remember. The dance movements are then set to the existing music of the milieu. Therefore as an effective choreo-therapeutic itinerary embodying the dance between ‘joy’ and ‘pain’, IDMP furthers the emotional/physical integration of an individual and/or group, by also paying particular attention to the place which transgenerational oral lore plays in their lives. The IDM Psychotherapist therefore serves as a catalyst, employing techniques of storytelling and psychoanalytic diversity, which speak directly to the development of survival adaptations (either comfortable or uncomfortable), that are deemed necessary for enduring the ongoing emotional damages suffered in people’s past and present experiences.

Finally, IDMP addresses how these adaptations continue to be reflected and can be modified in those people’s psychosocial behaviours, for an optimistic outcome to their daily ‘stories’.

Through IDMP, clients are therefore able to interact art with both life and worldview by expressing their inner emotions as ‘OUR-story’, via indigenous and indigenised body language. Furthermore, regardless of ability or disability, colour, creed, race, sex/sexual preference, age or national origin, each client is free to invite the IDM Psychotherapist to ‘come live with me’, one day at a time.

https://psychology-spot.com/dancing-makes-me-happy/
Interested in DMP as a career?

Take your first steps on a BCAT course!

Introduction to Dance Movement Psychotherapy

The Introductory into Dance Movement Psychotherapy (DMP) training will run over 2 weeks and is for professionals working in the therapeutic field, those interested in studying DMP, know someone who might benefit from DMP or who are looking to gain an embodied insight into what DMP is. The training will be a theoretical and experiential exploration into some of the fundamental aspects of DMP; such as the pioneers and their approaches, mirroring and attuning, Authentic movement and the use of props and music.

Many of our past students have gone on to study for a Masters in Dance Movement Therapy.

Course dates

Summer
Monday 10 June and Monday 17 June 2019
6pm - 8pm
2 consecutive weeks

Winter
Monday 4 November and Monday 11 November 2019
6pm-8pm
2 consecutive weeks

Fee: £40

Dance Therapies Masters training is available at:
University of Derby
Goldsmith’s College
University of Roehampton
Birmingham Centre for Arts Therapies

Delivering Arts in Health

FREE arts workshops for the CVS in art, dance, drama, music and games
Supporting English as an Additional Language (EAL)

free project for school age children
call 0121 440 8273
STARZ AND STEP ON

We have been overwhelmed by the response to our first set of BCAT STARZ clubs that took place in Sutton Coldfield, Northfield, Ward End, Handsworth and South Yardley between January and February. The groups have reached over 70 children weekly, who enjoyed an arts and literature programme based on the fantastically created Roald Dahl books.

We are very much looking forward to our second sessions that start 16 March and will focus on David Walliams’ books. Sessions are free for all abilities and will take place in TOWER HILL, SOUTH YARDELY, WARD END, HANDSWORTH and WEOLEY CASTLE.

Always a pleasure to go back to Northfield library and run STEP ON. Every week more than 20 people were turning up as we once again set sail for our virtual arts cruise. We went to places like Iceland, India and Guatamala, and engaged in crafts such as worry doll making, tile painting and table tennis - all rounded off by a good old sing-a-long.

We have now secured all dates for STEP ON for the rest of the year so we hope you are able to join us at one of the sessions below. It is all totally free and a wonderful place to meet new friends and just have some fun!
Emotion in Motion at Kings School Worcester fund-raiser
We have to say a huge thank you to Skye and the King’s Senior Dancers at Kings School Worcester who pulled together a special show to raise money for BCAT.

The performance took place on Friday 1 February and raised over £850 for us which is absolutely amazing!

Leonard Cheshire, Your Ideas and BCAT community project
We are so very excited to be launching a new project in association with Leonard Cheshire and Your Ideas Youth Project in Redditch.

As part of the ‘CAN DO’ funding, the partnership will work together to coach and inspire 20+ young people on the autistic spectrum to realise their potential through designing a video game.

EAL project update
The EAL Community Fund project (formally Big Lottery Fund), has been full speed ahead since we began in October.

We now have 42 EAL children on the programme and working across 10 schools. The current number of children means we are well on our way to reaching the 80 children needed to satisfy the grant requirements. However, we are always looking to work with other schools so please get in touch if you think your local school could benefit.

Away day to shape and future business plans
We had a very insightful meeting in mid December that pulled together representatives from all areas of operation. The intention was to sit down to discuss BCAT’s future and form the basis of our 5 year business plan. We looked at everything from current services to service delivery, to new initiatives to location.

The result - a list of over 50 things to look at!
Working with new clients - Spurgeons Cruise/ Teenage Cancer Trust / Kinmos
The arts in health department has been extremely busy, delivering between 5-15 sessions weekly.

Since we received our funding we have had over 58 enquiries for an arts in health intervention which demonstrates how other organisations are wanting to expand their offer to their clients.

By the end of March 2019 we will have delivered 347 workshop sessions to over 63 organisations this financial year, with still more organisations in the pipeline.

Our message is - take advantage of the funding whilst we have it! So get booking for your community group!

Through funding raised already we are so happy that we can continue our work with organisations such as Teenage Cancer Trust in which we are now providing weekly sessions, Spurgeons - on a 10 week cultural arts cruise for young carers and Kinmos - delivering art sessions weekly and Memory Dementia Cafe to name a few.

Thank you all so much for supporting this work.

Thank you Christiaan! It is with sorrow that we say goodbye to Christiaan Van Den Broek who joined us in 2018 as a Trustee.

We wish Christiaan the very best in the future and hope he enjoyed his time with us.

Neighbourhood Networking Scheme events
Social prescribing is all the rage at the moment! But implementation seems to take a while!

BCAT has been supporting the Neighbourhood Networking Schemes across Birmingham by attending the many community events to ensure that BCAT is known and showing support for this initiative.

Neighbourhood Network Schemes are locality and Constituency based networks which enable the engagement with and investment in community assets. This is for the purposes of supporting older people to connect to individuals, groups, organisations, activities, services and places in their neighbourhoods. This approach is integral to the new community social work model and the overall investment by Adult Social Care & Health in “Prevention First”.

We attended a very productive meeting in December for the Northfield base that brought together organisations from many different sectors - all with the same goal - to support their communities. This is work that BCAT want to be very much part of.

You can read about the scheme at https://brumnns.wordpress.com
Facilitators & Volunteers

We are lucky at BCAT to be able to offer student placements throughout the year, below we hear from two of our current placements.

Symrun Sanghera

My name is Symrun, and I am a second year education studies student at Birmingham City University. I have decided to complete my 7 week university course placement here at BCAT.

I have been absolutely enlightened by all of the amazing opportunities that I have been given the chance to experience so far. I have become not only a part of an amazing team, but a part of a community too. I have been attending two sessions a week, (Step on and STARZ) where I have been supporting the facilitators with running the sessions.

Attending these sessions has been extremely beneficial for me, not only for collecting the appropriate content and knowledge for my studies, but for increasing my overall self-confidence. Having the option to attend more than one session has given me the flexibility to meet new people which is always an amazing thing to experience. I have learnt new things about myself and about other people in the community. These sessions are always filled with great, creative activities which differ each week (including baking, and art based sessions). No week is the same when attending BCAT’s arts in health sessions. Carrying out engaging activities with young children (such as creating dances, and playing games) has really allowed me to get in touch with my fun and creative side.

Attending both of these sessions so far have enabled me to work with people from all different age groups and backgrounds (which is something very new to me) and there is nothing more appealing than to see everyone really engaging in the sessions that are running. My experience at BCAT has been very enlightening so far and I am hoping to start attending more of the new sessions that are to come, to ensure that I get the very most out of my experience with BCAT.

Good luck to BCAT facilitator LUKE SALDANA who is leaving us to pursue his acting career in London - crediting BCAT as an inspiration in developing his confidence to do this - it has been a pleasure!
Tjasa Baskovk

How I see the difference between art therapies and arts in health?

I am a student of social work from Slovenia. I am currently on an Erasmus placement at the Birmingham Centre for Arts Therapies where I observe various arts therapies, and take part in arts in health workshops.

First of all, I would like to explain why I am a student of social work on a placement at BCAT.

In Slovenia, arts therapy has not been developed yet, so there are only a few arts therapists who were educated abroad. One of the music therapists recommended BCAT to me. I am glad that I can be part of this amazing organisation and that I have the opportunity to get the experience that I can not get it in Slovenia. However, as BCAT has two different branches to it’s charitable work – arts therapies and arts in health - I would like to devote more words about the difference between them, as I see it.

I consider therapy as a professional activity based on a two-way process between the therapist and the user. The therapy is adapted specifically for each individual, as the therapy is carried out many times individually, or for a particular group, if it is group therapy. In therapies, there is a specific purpose to achieve some goal or to make some change in users life. What is the purpose of using arts in therapies? Various arts (music, art, play, dance or drama) offer people a safe space and a way to face their distress, express it, transform it and try to solve it. This is actually the way of communication in arts therapies.

For arts in health, I would say that they are groups of arts workshops. The main aim of this is the place where people have fun, get relaxed and get connected with new people. It is an activity in which people learn something new and get to know or create. It is a totally different environment, atmosphere than in therapies. Here, art is used as a tool for creating, learning and socializing.

Although arts in health and art therapies intertwine in many areas, the main differences I see between them are:

• the way of using art (as a way of expressing oneself and a way of communication in therapies and as way for socializing and creating something new in arts in health)
• the number of participants (one participant or a small group in art therapies and bigger groups in arts in health)
• the purpose of the meeting (to achieve a goal or make a change in ones life in therapies and to have fun, relax and socializing with others in arts in health)
Fundraising

Fundraising events enable BCAT to raise money for projects, therapies and core costs

**BCAT community events & festivals**

Thankfully we are now approaching Spring where we can get back on the road to spread the word on our work, and raise some money for projects too!

March
10 Alderbrook Car Boot

May
27 Minworth Club and Lodge Spring Fayre

June
9 Boldmere Community Festival
22 Sarehole Mill Great Get Together

July
13 Stirchley Lions Carnival

September
22 Fun in the Park Tudor Grange

We would love to support your fundraising, health and well-being festival/event.

Please contact Richard Mole richardbcat@gmail.com

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**the big total:**

June Jimmy’s moms work cake sale
£30

30 June Car Boot Sale St Mary’s
£72.40

3 Sep Card sales from Sarah
£135

17 Sep Donation from STEP ON participants
£26.50

5 Oct Contribution to jewellery making
£3.60

1 Feb Kings Senior Dancers showcase
£860

£2633.60
Raised so far
2018-2019
BCAT PICTURE GALLERY

Clockwise from top left: Keeping the children occupied at Glebe Farm Library STARZ; cruising at STEP ON NORTHFIELD; jewellery making at KINMOS - making jewellery and material pouches; a new favourite - chocolate decorating workshop; the lovely Ann having a great time at Maypole STEP ON; Some amazing pottery work over in Handsworth.
BCAT’s design service

DO YOU NEED A GRAPHIC DESIGNER OR LOOKING FOR COMMUNITY ART PROJECTS?

WE CAN HELP YOU HELP US!

We understand that paying for graphic designers can often cut into budgets. For a very competitive rate, we can supply our own fully qualified graphic designer to assist you with any of your graphic design needs.

Our graphic designer has over 10 years experience and has worked on a variety of CVS and corporate projects.

- LOGOS
- ADVERTISEMENTS
- BRANDING
- BROCHURE DESIGN
- FLYER DESIGN
- EVENT POSTERS
- SIGNAGE
- NEWSLETTERS
- COMMISSIONS
- TYPOGRAPHY
- MURIEL'S
- STREET ART
- EXHIBITION STAND DESIGN
- ILLUSTRATION
- PHOTOGRAPHY
- WEB DESIGN

YOU CAN BE ASSURED THAT ALL MONIES RAISED WILL BE HELPING BCAT PROVIDE ITS SERVICES AND COMMUNITY PROJECTS.

CALL US ON:
t: 0121 472 8890
e: talktous@bcat.info
Events and courses

BCAT provide educational courses to promote further involvement in arts therapies/ arts in health

Our foundation courses are designed to give you a taster and further information, and an understanding on working in arts therapies/ arts in health before you commit to studying for qualifications or changing career. Courses are also designed to give a deeper understanding on how arts therapies/ arts in health techniques can be applied to your day to day work.

To book https://www.eventbrite.co.uk/o/birmingham-centre-for-arts-therapies-18064619322

Intro to Dramatherapy
from Monday 13 May
from Monday 7 October
2 weeks
£40 for 3 sessions

Music Experiential
from Thursday 9 May
from Thursday 3 October
10 weeks
£325

Music Experiential short course
from 7 March
4 weeks
£160

Introduction to Dance Psychotherapy (DMP)
from Monday 10 June
from Monday 4 November
2 weeks
£40
Corporate training days

Our interactive training days are designed to educate, experience and inform on the techniques that therapists use in each discipline to address their clients’ needs.

These techniques can be used in any situation that requires a greater understanding of how the arts enhances behaviour and performance.

**half day**
9.30 Welcome
9.35 Introduction to arts therapies
10.00 Experiential session 1
11.00 Refreshment break
11.15 Experiential session 2
12.15 Plenary discussion
12.30 Close

**full day**
9.30 Welcome
9.35 Introduction to arts therapies
10.00 Experiential session 1
11.00 Refreshment break
11.15 Session 2
12.15 Lunch
1.30 Experiential session 3
2.30 Comfort break
2.40 Session 4
3.40 Plenary discussion
4.40 Close

BCAT are able to host these training days in our own fully equipped studios or in the comfort of your own workspace.

Any combination of the disciplines - art, dance, drama and music - can be selected for the half day session, or, if you are looking to run a half day session only, it is possible to arrange for the 4 experiential sessions to run concurrently.

**Rates**

**half day** £475
with 2 experiential sessions

**half day** £675
with 4 experiential sessions

**full day** £675
with 4 experiential sessions
What is BCAT?

The Birmingham Centre for Arts Therapies (BCAT) was set up in 1993 to provide an accessible arts therapies service throughout the Midlands. Arts therapists work with both children and adults who have a wide range of needs, such as those arising from emotional, behavioural or mental health problems and effects of stress and trauma.

BCAT allows people the chance to explore these difficulties, no matter what they may be, in a safe environment with a registered therapist who has been trained to offer support or encouragement.

**for those needing assistance**
- arts therapies sessions with a professional registered therapist
- subsidised arts therapies sessions if BCAT funding available
- free arts in health sessions with experienced arts professionals

**for referral agencies**
- arts therapists to assist your organisation with clients suffering from any form of behavioural, emotional, social or mental health issue
- one to one or group sessions
- arts in health session leaders

**for students and volunteers**
- a resource centre, library and teaching establishment for the training, education and support of professionals and carers
- volunteer staff development programme, including regular professional supervision
- events and training courses for all those interested in arts therapies and arts in health

We are always in need of funding and looking for volunteers.

We would like to thank all those who have donated, funded and supported us in 2019 so far.
Our offices are located near the city centre
2 minutes walk from Joseph Chamberlain College
1 minute from Highgate Fire Station
On the 50 bus route - Moseley Road stop
Limited parking available

find us on Facebook and Twitter
#mailbcat

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