







Creatively Minded: Arts Based Workshop- 13th April 2022

The Foundry, 17 Oval Way, London, SE11 5RR

Time	Sessions	
10:30 – 10:50	Arrival and registration Refreshments & networking	
10:50 – 11:00	Welcome and introduction to the event Refreshments	
11:00 – 12:30	Music	Chill out/quiet space (Optional)
12:30 – 13:30	Lunch and networking	
13:30 – 15:00	Art	Vox pops (video interviews- 5 mins) (Optional)
15:00 – 15:15	Break (All)	
15:15 – 16:45	Spoken word	Vox pops and feedback (All)
16:45 – 17:00	Break	
17:00 – 17:30	End of event reflections and performances	

Meet the workshop leaders	
	<p>Mind on Music Session, Martine Brighton, HFEH MIND</p> <p><i>Martine delivers interactive music-based psychoeducation workshops and is also part of a band called DEUXES. She is an advocate for the positive effects music can have on mental health and wellbeing.</i></p> <p>The Mind on Music sessions will give you the opportunity to learn a song with a musical instrument and develop your own verse for a song if you are up for the challenge!</p>
	<p>Art Session, Zara Antonia Khan, HFEH MIND</p> <p><i>Zara is an Educational Mental Health Practitioner, who helps young people with CBT based interventions. She is also passionate about creating art whether this be painting, crafts, sculpting, bullet journaling and more.</i></p>
	<p>Spoken word, Yossi</p> <p><i>Yossi is a spoken word artist, actor, and educator. He has performed his unique style of poetry at venues such as BAFTA, Tate Modern and the British Museum and his poems have been featured by MTV. Yossi's poetry questions, explores, and portrays the modern world through the mind of a manic yet mindful millennial.</i></p>
	<p>Creative writing, Rakaya Fetuga</p> <p><i>Rakaya is a poet, facilitator, and events producer as well as a former resident artist and 2018 poetry slam winner at the Roundhouse. In 2021 Rakaya produced and performed her monodrama, 'Unbraided', about growing up Black and Muslim in London and learning to canerow hair.</i></p>

Please post about this event



We want this event to be about you and your creative work. Please feel free to post, take pictures and share videos on this event. Remember to include the [#CreativelyMindedLDN](#) and [#youngMHLondon](#) and tag [@Healthy_Ldn](#) and [@ThriveLDN](#) on your social media channels.

Please also be respectful of people who may not want to be included in your pictures.