

Care for the Planet

Arts organisation conserve and preserve the natural and historic environment of York and its environs

We aim to engage people with the meanings of our cultural and natural heritage so that they feel connected and grounded

Outcomes are people feel connected to and their environment and have a sense of belonging. We make sure that these assets will be available for people to engage with for generations to come

Take Notice

Through participation in creative activities, e.g. music, movement and performance we provide opportunities for people to interact with the world around them

Through a flexible model of co-production people are supported to make meaningful connections, and greater enjoyment of their lives and the desire to interact with the world around them

Outcomes are people feel more grounded and have a greater sense of self-worth. They can take more responsibility for their own lives

Connect

A range of trusted and accessible venues in every part of the community

Building on the success of 'Books on Prescription' we aim to offer people a range collaborative creative activities.

Outcomes are people gain confidence, reduce isolation and develop skills, increasing wellbeing. Through being prescribed 'self-help' activities, reliance on medication is reduced and dependency behaviour changes

Be Active

Provides high quality creative interventions and opportunities to keep active e.g. dance, movement and music

Outcomes are increased confidence, higher esteem and improved social skills. People move more and have better physical health, confidence and wellbeing

Keep Learning

High quality and user led recovery-orientated, non-stigmatised education and training opportunities e.g. theatre and music workshops

We aim to provide routes into learning and training in consultation with service users so that they become more employable, increase their skills, raise aspirations and confidence. We support services users with peer mentors to make informed choices about their learning. We seek to reduce stigma and increase community cohesion

Outcomes are people re-engage in formal and informal learning

Give

A broad range of arts based volunteering opportunities for people in York at well known centres of the community

We aim to provide volunteering opportunities to allow people to keep and expand their social network, enhancing sense of community, gain work related experience and give something back to their communities

Through volunteering, emotional wellbeing improves and isolation is reduced



Quotes to support our work

I just feel like this has saved my life – I don't know where I'd be without this music and this group

Participants have had to manage their own behaviour for the benefit of the group and themselves. People have shown to have a greater awareness of their own difficult behaviours than previously and are able to regulate those behaviours when there is a need for them to do so in order to work with others

Accessible Arts & Media has given me the ability to get into the working environment, all be it voluntarily.

Music is the key to A communicating. It's not just me, family, people who work with him have said this year that he's really trying to sign and they can't believe the amount that he's trying to speak as well. I sincerely believe it's these sessions he's coming ... and being with other people and having a role model – seeing other people communicating with each other – I think that's had a really big impact on him.

I have seen what Converge does. Folk who've suffered disgusting dehumanisation of the most personal kind, misery and loss, regaining a measure of their true selves. Many - some of whom could scarcely read - becoming proud of their poetry and their prose, pleased to read their work aloud in class.

By doing this you feel that there is another reason why you're enrolled on the courses. The adrenaline, energetic, fuelled buzz, to show other people, family and friends what you can and have achieved regardless to whom you are and your own personal circumstances, is an overwhelming sense of pride, place and achievement, and the hunger to do more. At least, that's what it feels and means to me.

At the start of the project, the participants had very low self-esteem and little confidence in their abilities. With lots of reassurance, positive feedback and rewarding, all participants began to develop confidence and self-worth