



North Tyneside Art Studio: Referral

1. About Us:

We are a mental health organisation that uses art and creativity to improve the lives of people experiencing mental health issues. The studio offers a safe space where people develop the confidence and resilience to try new things, learn new skills and form friendships and networks as part of a friendly and welcoming community.

We work with individuals to agree goals and pathways that link art and creativity to better mental health. However, we are not support workers and/or mental health practitioners and while we listen and help we do not provide counselling or therapy.

The Studio is generally available to people living in North Tyneside who are experiencing mental health problems and often facing multiple disadvantage and social isolation because of this. We offer individual workspaces, individual artistic support and advice and a wide range of workshops:

Pottery	Painting	Drawing
Printmaking	Creative Writing	Woodcarving
Sculpture	Glass	Performance Art
.....and much more		

Visiting the Studio – is it for Me?

We encourage everyone who is interested in joining the Studio to attend for a visit. The visit is informal and is a great chance to have a look round and ‘get a feel’ for the place.

We will tell you about ‘What’s On’ (our monthly programme of workshops and events) and explain the referral form. The visit also provides you with an opportunity to ask any questions you may have and meet a few of our current members.

Visits take place in small groups on Mondays @11am and Thursdays @2pm but can be arranged on an individual basis so please tell us about your needs and preferences.

Joining the Studio – becoming a member

To become a member of the Studio everyone will need to complete and sign this referral form and have it countersigned by a health or social care professional (e.g GP, CPN, Social Worker) or by an *approved partner*, e.g Social Prescribing. This is usually straightforward and we can guide you through this.

New members will then sign up for an Induction Session. The Induction Sessions will last about an hour and you will be given more information about the Studio including Health & Safety and the Studio’s Code of Conduct. You will also find out more about what the Studio has to offer and a taster session to help get you started.

Opening Hours & Contact Details

Mon to Fri: 9.30am to 4.30pm; Saturday: 10.00am to 12.30pm

Tel: [0191 2961156](tel:01912961156)

Email: info.ntartstudio@gmail.com Website: www.northtynesideartstudio.org.uk



North Tyneside Art Studio: Referral

2. About You:

Name _____ D of B _____
 Address _____ Postcode _____
 Tel _____ Email _____

Please mark an X against all the following that apply to you:

Age

18-25	26-34	35-49	50-64	65-75	76-85	85+

Gender:

Male		Female		Described in another way	
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Sexual Orientation:

Heterosexual		Gay/Lesbian		Bisexual		Described in another way	
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Religion:

None		Christian		Hindu		Sikh		Jewish	
Muslim		Buddhist		Other		Prefer not to say			

Ethnic origin:

Asian/Asian British	Black/Black British	Chinese/Chinese British	Mixed background	White/White British

3. Your Mental Health

What types of Mental Health issues are you currently experiencing? (please tick all that apply):

Anxiety	Stress	Depression	Eating Disorders	Feeling Lonely / Isolated	Paranoia
Substance or Alcohol issues	OCD	Low Self Esteem	Voices or Hallucinations	Self Harm	Difficulty busy public spaces

Other issue (please describe):

Any other information about your health needs?

This could be about mental or physical health

Please tick here to sign up to the NTAS mailing list, to receive our monthly What's On leaflet, plus exhibition and event invitations.

Signed

Date

The information you provide is for NTAS internal use only. We will not share your information with any other organisations or third parties. If we would like to use your personal information in any publicity or public activity we will seek your consent first.

Office Use Only:

Referral Visit Date:

Member ID:



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4. Referral Partners

NTAS is a mental health organisation that uses art and creativity to improve the lives of people experiencing mental health issues:

<p>We DO</p> <p>Listen and care</p>	<p>We DON'T</p> <p>Provide counselling or therapy</p>
<p>We ARE</p> <p>Creative and supportive</p>	<p>We are NOT</p> <p>Support workers or MH workers</p>

INSERT NAME:is seeking a referral to NTAS to participate in creative and artistic opportunities to improve their mental health and wellbeing.

WE NEED YOU to support this referral and we would ask you to confirm and complete the following sections.

NOTE: This section should be completed and signed by a health or social care professional (for example, GP, CPN, Social Worker) or by a representative of an approved partner organisation:

Your Name		Position	
Organisation			
Email		Tel	

Any other information relevant to this referral?

I am of the opinion that this person's Mental Health and Wellbeing may improve from attending and participating at North Tyneside Art Studio

Signed		Date	
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