



# Banyan Arts

Working for arts, wellbeing,  
and healing



# About us

Banyan Arts offers workshops using the Expressive Arts for rehabilitation, confidence and well being. We work to give disadvantaged communities a voice to share their stories and experiences using supportive inclusive creative processes to create awareness and promote understanding.

**We're passionate about working with people and seeing the creativity that we all naturally have!**

We firmly believe in the power of the arts as a tool to bring about positive change and as a channel for everyone to share experiences and stories of struggles and strengths.

We are also passionate about partnerships and the huge advantages of working together with other organisations to learn, grow and deliver the best projects and services.

# Who do we work with?

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We currently work with a wide range of communities including Stroke Survivors, people who are living with and effected by brain trauma their families and carers. We also work with people living with mental health issues, intergenerational and BAME groups and people living with dementia using Reminiscence Arts work.



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We work with a number of partners across the region to deliver an innovative approach to health and well being using expressive arts to support bringing people together, as well as contributing to the wider benefits of the communities we work in.



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We have successfully partnered with the Stroke Association and Stroke North East, Sunderland Hospital Stroke Unit, Living History North East, the Bangladeshi Centre Sunderland, Cygnet Health Care and Cambian Adult Services, Gateshead Clubhouse and Side by Side Arts



# What we can offer

## Creative Expressive Workshops

These workshops support individuals recovering from, or managing a health trauma. These sessions bring together similar groups of participants, with the support of volunteers or carers to explore and process thoughts, feelings and experiences through expressive arts.

These workshops can use a range of arts including pottery, poetry, creative writing, music, drama to engage different participants.



## Confidence Through Creativity: Well Being Workshops

These workshops focus is on creativity, sharing and learning as well as the joy of fun. Through the art, music, movement and drama these help to build confidence, self-esteem and friendships, as well as developing a greater sense of improved wellbeing. Workshops are designed to suit the needs and abilities of group members, with no more than 8 people per group.





## Keeping Well at Work

Holistic and person-centred workshops to encourage self-expression using creative arts and holistic therapies.

These workshops and experiences aim to empower and nurture staff to encourage and support their personal and work life development, goals and strengths.

### ➤ Creative Arts for Productivity Programmes

Innovative and fun creative arts workshops to encourage creative thinking, bring fresh perspectives, explore challenges and build team resilience. These workshops can be tailored to include a mix of dance, singing, songwriting, drama and communication techniques, music and visual arts.

### ➤ Creating Connections Community programmes

Build a sense of fulfilment through connecting with local smaller charities through collaborative projects and groups and help your staff gain satisfaction by giving back to a cause they are passionate about.


### ➤ HeARTY Lunches Workshops:

These are lunchtime workshops exploring a range of different Creative Arts so your employees can relax and enjoy their lunch while creating some artwork of their own, discovering their strengths and talents along the way.



## Intergenerational Workshops

Banyan Arts has worked on a number of projects that has the core principles of intergenerational exchange.





# Get in touch



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Banyan Arts



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