

**Where do the workshops take place?**

The workshops take place at Harlow Playhouse, Playhouse Square, Harlow CM20 1LS.

**Who will run the workshops?**

The workshops are designed by choreographer Rhiannon Faith. The workshops are led by company dancer Finetta, who is an experienced and caring workshop facilitator. Fin will be joined by company counsellor Joy Griffiths to support people on their mental health journey.

**What will we do at the workshops?**

At first we will just chat and get to know each other. When we feel ready, we will start doing some creative tasks using creative writing and physical movement. Through these exercises we will explore personal experiences of living with and without care, which might open us up to discuss experiences of mental health, loneliness and isolation.

**What will I get out of the workshops?**

We hope that over the course of the workshop you will build skills in self reflection and resilience and develop confidence, as well as enjoying the feeling of creative expression and making new friends.

**Do I need to attend all six workshops?**

Yes, we ask that you sign up for and come to all six sessions as they are designed as a series.

**What should I bring and what should I wear?**

We will stop for a short lunch break so bring a packed lunch, or you can order food in the Cafe at Harlow Playhouse or pop into the Harvey Centre to grab something to eat. Wear whatever you are comfortable in. We will be doing some movement and dance, so comfortable loose fitting clothes and trainers might work best.

**Do I need to have had any experience of dance or theatre?**

No experience is needed, anyone can join and explore their creativity.

**What is a Care Cafe?**

After the workshop we will host an optional Care Cafe, 2.30pm -3.30pm upstairs in Harlow Playhouse Cafe. This is a time for a cup of tea, to socialise together and talk about your experiences of the workshop, and our mental health and wellbeing. Our company counsellor Joy Griffiths will be at every Care Cafe to support these conversations. Free refreshments will be provided by Harlow Playhouse.

**Who are the workshops for?**

The workshops are open to everyone aged 18 and above, there is no maximum age. The workshops will be particularly valuable to people with experience of poor mental health, anxiety, depression, loneliness and isolation, however this is not a requirement for attending the workshops.

**I have access requirements, can I still attend the workshops?**

We will do our best to meet your needs, please get in touch and we can chat about how we can best support you.

**I have more questions, who can I ask?**

If you have any more questions, please feel free to email, text or call Anna [info@rhiannonfaith.com](mailto:info@rhiannonfaith.com), 07763 255324