

UNEXPECTED

PLACES



# Keeping Well CREATIVELY

## Stage 1

Recruit and empower UP to 20 members/non-members to become 'Wellbeing Champions,' fostering creative strategies for mental health awareness and peer support across our 'UP' community.

## Stage 2

Attend up to 4 one hour fun and engaging workshops to teach you skills to improve your own mental wellbeing through creativity. We will review what it takes to be a good listener and support to others when they are experiencing poor mental health or wellbeing so our champions feel equipped to share the tools they've learned to make a positive impact.

## Stage 3

Participate in up to 5 Youth Social Action planning sessions to launch our project in September with the goal of developing a stronger wellbeing infrastructure in the charity's policies and Youth Board strategies ensuring a long lasting legacy. Nominate and appoint a Youth Board Wellbeing Lead and celebrate the success of the project!

Unexpected Places (UP), with funding from the SNG #iwill Fund, is launching a **FREE** youth-led wellbeing initiative through our youth theatre company, Light UP.

SCAN TO  
SIGN UP



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Department  
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COMMUNITY  
FUND



Sovereign  
Network  
Group

# Project Timeline and Expectations



## Phase 1: Preparation and Recruitment (March)

- Recruit 15-20 young people aged 10-20 years old to become 'Wellbeing Champions'
- Sign UP: <https://forms.gle/KxWpQaWzXbYmpNRV8>

## Phase 2: Training and Skill Development (April/May)

Phase 2 of the project is designed to train our 'Wellbeing Champions' through a series of interactive and creative one hour workshops intended to build on our skill set with each one. While it is not essential to attend every workshop to participate, it is recommended so you can make the most of your involvement on the project.

- April - 2 workshops TBC
  - Defining Wellbeing & Personal Strategies
  - Creative Expression & Self Identity
- May - 2 workshops TBC
  - Supporting Others & Active Listening
  - Planning our Youth Social Action project

## Phase 3: Project Implementation and Impact (June - October)

Phase 3 will see the culmination of all our ideas be put into actions as our Youth Social Action project takes shape over the course of the summer before it's delivery in September 2025. There will be a total of 4 sessions during this time for anyone wanting to be actively involved on the YSA project. For those taking part we would ask that they commit to attend a minimum of 3/4 of the sessions planned. Sessions will be a combination of in-person and online and will vary in length from 1-2 hours depending on

- June - 2 sessions TBC
  - Project Vision & Objectives
  - Project Management & Logistics
- July - 1 session TBC
  - Evaluation & Impact - Measuring Success
- August - 1 session TBC
  - TBD (tailored to project needs)
- September - Youth Social Action Delivery!

## Phase 4: Reflection and Legacy (October/November)

Phase 4 will be a time of celebration and reflection as we look back on all that has been accomplished and everything we can now embed across our programming for long-term impact within and outside of our 'UP Community'

- October - 1 session TBC
  - Legacy Planning & Evaluation

# Benefits of Taking Part



## ☀️ A Unique Chance to Lead & Create Change

- Be part of a youth-led social action project that will make a real difference.
- Your ideas will shape how mental health and wellbeing are supported in your community.
- Take ownership of a creative project that will impact future generations.

## 🎨 Use Creativity to Explore Mental Health & Wellbeing

- Discover fun, engaging workshops that use theatre, storytelling, and creative expression.
- Learn how creativity can help with confidence, self-expression, and mental wellbeing.
- No prior experience in drama or mental health work needed

## 💬 Build Confidence & Support Others

- Gain active listening and peer support skills—valuable in life, school, and future careers.
- Become a Wellbeing Champion and support others in a safe, welcoming space.
- Learn practical ways to manage your own wellbeing while helping your peers.

## 🚀 Develop Leadership & Life Skills

- Gain experience in teamwork, project management, and communication.
- A fantastic opportunity to boost your CV, college, or job applications.
- Work closely with facilitators and be part of a supportive community of like-minded young people.

## 🆓 It's Free & Flexible to Fit Your Needs

- Completely free to take part—no cost for workshops or participation.
- Travel funding available for those who need support getting to sessions.
- Sessions will be scheduled around your availability & location preference.
- Can't attend in person? There may be online options for remote participation.

## 💡 Be Part of Something Bigger

- Join a network of young people passionate about mental health & creativity.
- Help shape the future of Unexpected Places' Youth Board and wellbeing initiatives.
- Make friends, gain confidence, and leave a lasting impact on your community.

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