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NOTES AND INFORMATION FOR THE REFERRER**

# **Colourful Minds Online Creative Therapy Course.**

We hope these notes will be useful and help you to provide further information to your client/patient about the course. It would also be helpful if you could make the client/participant aware that they will be contacted by the Art Therapist before the course starts (see below information on the referral process\*).

**Course Summary**

* 12 week course funded by Dacorum Borough Council and consists of 2 hour weekly art and creativity sessions delivered online via Zoom. The participants will require access to a suitable device and Zoom <https://zoom.us/>.
* **Course dates: 9th April – 25th June 2021**
* The course will run each **Friday, 10.30am-12.30pm with a comfort break.**
* Art materials are provided and will be safely posted out to participants prior to the start of the course following COVID-19 guidelines.
* The course is for adults aged 18+, with mild to moderate mental health conditions such as stress, anxiety and depression.
* The aim of the course is to provide a therapeutic and expressive creative experience to support mental health and wellbeing.
* The course is led by a qualified Art Psychotherapist/Therapist from Herts Inclusive Theatre (HIT), the activity provider/s.
* No previous art or creative experience is needed, only an openness to engage with creative media in a supportive, confidential group setting.
* The course typically involves a broad theme each week for example 'self-care' which will be explored creatively with time for reflection and a group discussion at the end.

**What the participant will need**

* Access to a computer device (e.g. tablet, laptop or desktop computer) that has a microphone and camera/video to be able to participate and interact with the Art Therapist and the group.
* A relatively reliable internet connection.

**Online booking process and referral\***

* **Complete the online booking form with your client/patient at** [**www.dacorum.gov.uk/colourfulminds**](http://www.dacorum.gov.uk/colourfulminds)
* Once the booking form is completed, you/the referrer will receive a link to a short online form to complete via email. Once both forms have been submitted, the Art Therapist will contact the client/patient.
* A hard copy/paper or Word version of the booking form is also available if required. To receive a booking form via email or in the post, please contact [kerry@hit-theatre.org.uk](mailto:kerry@hit-theatre.org.uk).
* The deadline for applications is Monday 29th March.
* **For data protection reasons, please do not return completed paper/hard copy forms in the post.** Please scan and send via email with password protection:-

**File > Protect Document > Encrypt with password>** enter the password **artforhealth** and save.

* When the booking and referral forms have been successfully submitted, the client/patient will be contacted by the Art Therapist, Hanna Leopold.
* Hanna will contact the client/patient to introduce herself and talk to them about the course. She can answer any questions and ensure the course is suitable for the person. **Please make your client/patient aware of this.**
* Following this, their place will be confirmed on the course and they will be sent details about how to join on Zoom.
* If Hanna is unable to contact the patient/client prior to the course, the referrer will be informed. If contact cannot be made with the applicant, their place cannot be confirmed and may be offered to another applicant.

**Evaluation**

* When the Art Therapist contacts the applicant, she will ask if she can take them through a wellbeing questionnaire to collect baseline data. This is optional and will not affect their participation on the course if they do not wish to take part. This will be made clear to the applicant at the time.
* Any data captured will be used anonymously in a final course report and for research and evaluation purposes only. **Please make your client/patient aware of this**.

**Follow on:**

* To support the participants with ‘next steps’ once the course is finished, we will offer information and signposting to other suitable creative arts opportunities.
* The Art Therapist can also help with suggestions of how to carry on the activity at home and in personal time.

**Should you have any further questions or queries, please contact** [**kerry@hit-theatre.org.uk**](mailto:kerry@hit-theatre.org.uk)