

Enhanced capacity within the Voluntary and Community Sector Services

Support/activities that could be offered include;

- Visual Arts
- Dramatic Arts and dance
- A Café offering healthy food choices – a place where people can avoid eating alone and being alone (the food and refreshments would be offered on a cost recovery basis)
- A room in which to relax, have mindfulness classes, yoga, Tai Chi, put on films etc
- Meeting rooms for peer support groups
- Make use of a garden in some of the venues, focusing on eco-therapy as part of the offer
- Access to a range of physical activities and sports, offered by fitness based organisations in York but coordinated by the project coordinator
- Access to games, including board games
- Wide range of other arts opportunities, some of which will have workshops to support their development and exhibition and sales opportunities, and all of which will be delivered by the VCS in York and managed by the coordinator
- Beauty – including nail painting, makeup
- Present opportunities for discussion groups relating to mental health issues – topics identified as being of interest by people attending
- Have a ‘meet the therapist’ opportunity to give people the opportunity to hear about the different approaches to therapy and ask questions about what might suit them.
- Support with benefits and employment advice.
- Community “Pop Up” Activities and Support