

Staff Well-being Services

Arts Care is a leading regional arts, health and well-being organisation based in Northern Ireland. We deliver a wide range of innovative and impactful participatory arts projects and events into the heart of health and social care services, the community and businesses.

Arts Care can offer bespoke workshops engaging staff to participate in the arts to help businesses address their current challenges such as encouraging staff back into the office, team building and supporting positive mental health and well-being. All sessions focus on using art and creativity and are facilitated by professional artists with extensive training to work with a wide range of people with varying abilities. These activities can be brought to your place of business or can be facilitated at the Arts Care Centre based in Belfast.

Arts Care can provide workshops facilitated by professional creative artists focused on:

- Team Building**
- Conflict Resolution**
- Strategic Planning**
- Creative Away Days**
- Corporate Training Days**
- Communication Skills**
- Relaxation**
- Mental Health and Well-being Days**



Arts Care



Workshops can take place in a variety of different formats:

Events

Arts Care can help to facilitate events and conferences, making them memorable, creative and fun experiences. Artists can engage with delegates in a range of ways to encourage networking, promote ideas, and collect creative feedback.

Strategic Planning

Arts Care are also able to facilitate the creation of a strategic plan with a Board or managerial staff, physicalising and presenting abstract or complex ideas in a visual and artistic representation created with staff.

Illustrated Books/Leaflets

A creative writer and illustrator collaborate with a team of staff members to create a book or booklet which can be used for creative or professional purposes.

Environmental transformation/murals

An artist can work with staff to create artwork to transform a space or working environment or design and create a mural together.

Visual Arts

Staff can work with a professional artist to create small pieces of artwork to take home or create a larger piece of collaborative artwork which can be displayed in the workplace. Staff can explore creatively with a variety of mediums such as watercolour, acrylics, mixed media, clay, silk painting, casting, aluminium pressing etc.

Music

Professional musicians can facilitate staff to have a fun sing along, create a choir and/or play a variety of instruments and drums.

Dance and Movement Sessions

Laban dance and yoga can be used to encourage gentle movement, increased mobility, and flexibility for people of all ages. Sessions can be held for relaxation purposes or with staff to encourage cohesion within teams.

Clown Doctors

The Arts Care Clown Doctors work together teaching circus skills, encouraging laughter and free play between colleagues, benefiting mental health and well being, confidence building and encouraging a sense of team.

Arts Care can take all your business needs and challenges into account when creating a bespoke creative programme.

Please contact projects@artscare.co.uk for further information or call **028 9031 1122** to speak with one of the Arts Care team

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