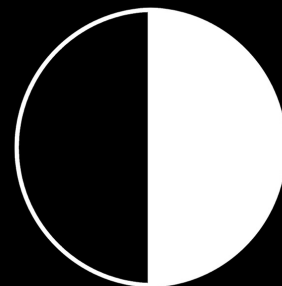


# NIGHTLIFE OUTREACH



Our charity was founded with the aim of improving the mental health and wellbeing of individuals across the UK with particular focus on those who are vulnerable and disadvantaged.

Through 7SVN our performing arts centre we challenge the stigma and work to stop discrimination towards those with mental health issues.



## Be Bold Be Brave Be Creative

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@nightlifeoutreach

# Creativity Heals

## The Transformative Power of Performing Arts Therapy



Our charity offers a unique approach to mental wellbeing that harnesses the power of performing arts to help heal and grow our community.

Dancers, musicians, actors, performers and visual artist are given a safe and supportive environment to enable them to tap into their innermost emotions and use them to create something beautiful.

Through collaborative projects the charity actively promotes cultural exchange to break down barriers.

We bring people from diverse backgrounds together for a shared experience that transcends differences in race, culture, language or socioeconomic status.

Art therapy is an empowering tool for the expression of thoughts and emotions by engaging with them in the creative process, individuals gain a sense of control over their thoughts and emotions, improve their self esteem, confidence and develop a greater sense of self awareness.

Through positive reinforcements our patrons build connections with others developing a sense of belonging, mutual support and a shared purpose.



Nightlife outreach gives everyone a sense of support and encouragement and a safe space where they can work together to overcome challenges and celebrate successes. This is particularly important for individuals who feel isolated and stigmatised due to their background or experience.

Dance, movement and music therapy provides an emotional physical outlet for lived life experiences.

# Creativity Heals

Alternative art music and dance therapy has shown success in addressing Mental Health issues and drug use by providing individuals with an extraordinary form of self-expression that promotes healing and wellbeing.

This particularly helps those experiencing anxiety, depression, trauma, PTSD, CPTSD and self medicating behaviours while promoting relaxation and self-awareness to reduce symptoms and harm.

We as a charity strive to build a stronger more resilient community.



Art Therapies helps regulate emotions and decrease symptoms of anxiety and depression.

When creating art, individuals often enter at state of "flow" which is characterised by deep concentration and a sense of timelessness. This state of flow can be calming and grounding helping to manage symptoms of trauma-related anxiety and hypervigilance.

These types of therapies are used to help externalise trauma and gain new perspective on experience while processing difficult emotions in a safe and contained way.

Traditional therapy can be challenging for those who suffer with social anxiety art therapy provides a non-verbal mode of communication.

The art-making process can be broken down into manageable steps which helps them feel more in control and less overwhelmed.

These therapies help regulate emotions, increase awareness and help develop practical coping skills.





# Building Community Cohesion

Through Art classes-Drawing/Painting/Graffiti, Breakdancing, Zumba, Salsa, Fitness, Stunt Training, Archery, Historical European martial arts and Visualisation/Somatic therapies to name just a few, we bring together people from diverse backgrounds by providing a shared experience, fostering mutual support, promoting cultural exchange, and providing positive reinforcement.



**A shared experience:** Engaging in alternative art/music therapies provides individuals with a shared experience that transcends differences in race, culture, language, or socioeconomic status. By focusing on the creative process and shared goals, individuals can build connections with others and develop a sense of shared purpose.

**Mutual support:** Fostering a sense of mutual support and encouragement, where individuals can work together to overcome challenges and celebrate successes. This is particularly important for individuals who feel isolated or stigmatized due to their background or experiences.

**Cultural exchange:** Providing a space for individuals from different cultures to share their traditions, customs, and artistic expressions. This promotes understanding and respect for diversity, and help to break down barriers between different groups.

**Positive reinforcement:** Providing individuals with positive reinforcement and validation for their unique talents and abilities, regardless of their background or experience. This boosts self-esteem, confidence, and encourage individuals to share their skills and experiences with others.



# Substance Awareness & Education



Self medicating through legal and illegal substances are an important issue that affects many individuals, families and communities this is especially prevalent in the art and music scenes. Art and music events provide an opportunity for people to engage in creative expression but they can also be a setting where people are exposed to illegal drugs and other substances.

Through our work we help to reduce stigma surrounding addiction and created a more inclusive and accepting community.

By promoting drug awareness through educational leaflets at art events, we as a charity help create a safer and more supportive environment for individuals in the art scene. This includes educating individuals about the risks and consequences of substance use, as well as providing resources and support for individuals who may be struggling with addiction.

For many young people, drug use is seen as a way to cope with stress or emotional difficulties, to fit in with social groups, or to experiment with new experiences. However, drug use can have serious consequence, including addiction, mental health issues and physical harm.

The rise of drug used at music festivals and other cultural events has been linked to concerns regarding the normalisation of drug use and the potential of harm.

Nightlife Outreach adopts a multi-faceted approach that not only includes education and prevention efforts but also campaigns broader social and economic policies.

# N.O Angels

NO ANGELS (Nightlife Outreach Angels) is one of the flagship projects of the Nightlife Outreach charity. Set up to bring support and advice when people might need it the most and their defence to danger is a lot lower than normal. NO Angels is a voluntary service that supports the LGBTQAI+, POC and night-time economy community.

We felt it was necessary to bring better information to these groups and support safeguarding of people that might be heavily under the influence or a risk of being spiked. They are trained in drug awareness, first aid and mental health first aid as well as part of a mentoring program for their support and the support of others.

## **Why is Welfare Needed**

- Clubs only offer security; they don't step in unless there's a problem.
- Limited safeguarding in clubs, they can't serve if your drunk, but your friend can still buy drinks.
- If a drunk person is being taken out by an individual no one asks questions.
- If you're drunk, how do you get home or find your friends.
- Public services are over stretched this leaves gaps that result in the loss of life or serious injury.
- We use this service this service to signpost to others.
- We build a stronger relationship with business and emergency services.
- We build trust within the community.



# Why we are needed

## THAT'S W.E.I.R.E.D

- Western
- Educated
- Industrialised
- Rich
- Demographic

**Make up 80% of all mental health studies but only 12% of the population**

## We live a fast paced life that can cause us to suffer from Mental Health issues.

Each individual is unique, and their experiences, needs, and challenges are shaped by a complex interplay of biological, psychological, and environmental factors.

This is true for individuals with mental health issues as well. Even if two individuals have the same diagnosis, their experiences and symptoms may manifest differently, and what works for one individual may not work for another.

# How we can make a change together



## Raise awareness

A key challenge for small, local charities is raising their profile, particularly when funding is tight.

## Work in partnership

Whether you're a business or a member of public, simply swop to AMAZON-SMILE and click support Nightlife Outreach

## Fundraising / Giving

Don't forget, a little can go a long way. Dust off your dancing shoes, Fancy dress, Games Day, Karaoke, Paint Off, Upcycling, Sponsored walk, Online fundraising.

**Have fun raising awareness**

## Support Nightlife Outreach Charity through 7SVN

- Team building
- Award ceremonies
- Training & Development
- Exhibitions
- Lectures
- End of year parties.



Contact our customer focus team for more information

**booking@7svn.co.uk**  
**0121 753 5311**

