

“Synergy provides a platform for individuals to co-create a new reality where they are valued, resourceful and lead full and active lives”

Synergy participant

Bridging the gap

Synergy offers an alternative and complimentary means of recovery, supporting traditional mental health services, and providing a link between mental health services and the local community. Its programme of workshops assist the recovery of individuals in and out of hospital, utilising their experiences as a resource for their recovery, and for the health and awareness of the wider community.

Synergy newsletter and website

Volunteers

To play key role in providing training, skill sharing and group facilitation

Community venue

Weekly music and creativity sessions

Community

Monthly meetings open to the whole community

Supported by:



synergycreative.org.uk
info@synergycreative.org.uk

07785 328765

a creative approach to mental health and wellbeing



Synergy Creative Community is a Community Interest Company led and run by people with an interest in and experience of mental healthcare. The group's mission is to develop a community network of peer support and creative exchange.

Through peer support and building links within the community Synergy aims to breakdown barriers, stigmas and discrimination. We work to promote a sense of individual and collective identity.

Weekly creative workshops

A place to play: come and grow creatively.

- **Meet others, connect and socialise**
- **Share your poetry and writing ideas**
- **Unleash your inner drummer**
- **Jam with percussion and melody**
- **Mix words with music**
- **Perform and improvise**
- **Experience creative group drama**
- **Explore your creative potential with our art and craft materials**
- **Community kitchen with healthy vegetarian cuisine prepared on the premises - £3 per dish**
- **Tea and refreshments provided on a donation basis**

What to bring:

- **Instruments, if you have them**
- **Poetry**
- **Fun**
- **Creative ideas**
- **Art materials**
- **Most importantly, yourself**

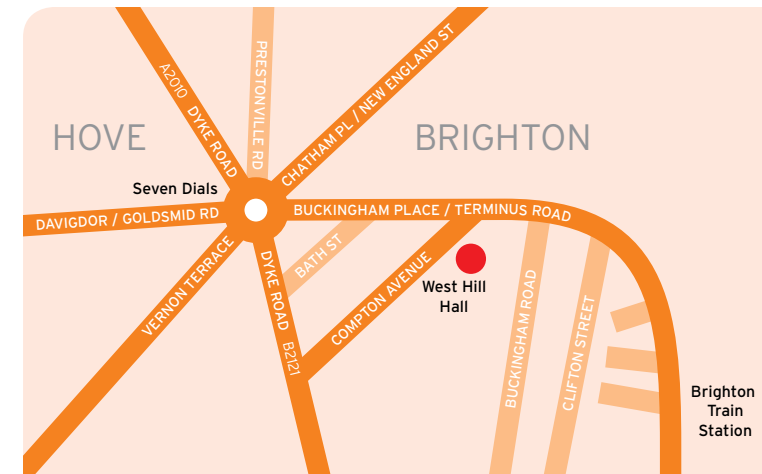
Peer led, peer focused

Individuals are invited to share their skills, ideas and aspirations with the group. The overall objective is to empower people through creative expression and social exchange. This is an open and non-judgemental space. Participants can play music, produce performances and artworks. This forms a basis for open dialogue, communication and reflective healing. If preferred, newcomers are welcome to simply sit and observe.

Get involved!

Individuals are offered the chance to get involved in the organisation and facilitation of activities. Our volunteer programme aims to empower people, build confidence, develop skills that could benefit other areas of life, and broaden horizons. You can get involved with:

- **Volunteer administration**
- **Co-facilitating workshops**
- **Organising and contributing to activities**
- **Designing and leading workshops with the support of Synergy facilitators**



Join us!

**Come and join us, every Tuesday
from 11am to 4pm**

How to find us

West Hill Hall
Compton Avenue
Brighton
BN1 3PS

By bus

Take the number 7 bus. From Hove, get off at first stop after Seven Dials. From Brighton, get off at first stop after the train station.

By train

West Hill Hall is 400 metres walk uphill from Brighton railway station.