

“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 Creative Community CIC is a mutually supportive peer group both for people with mental health issues and those with an interest in mental health issues. Synergy offers an alternative and complimentary means of recovery, supporting traditional mental health services, acting as a bridge between those services and the local community. Through creative expression, our group assists in the recovery of individuals both in and out of hospital, utilising our experiences as a resource for our recovery, and for the health and awareness of the wider community. We run Synergy for and by ourselves, independent of NHS or social services. This includes everything from setting up in the morning, participation in the workshops, preparing lunch, facilitating a workshop, through to fundraising. Our focus is on better health through creativity, sharing a meal together, and mindfulness.

Supported by:



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

**07435 877292**

Synergy Creative Community is a Community Interest Company

A creative approach to mental health and wellbeing through Peer Support



Synergy is a place to feel at home, to feel connected, to feel part of a community. We feel these things aid prevention as well as recovery, and that Synergy acts as a bridge between the hospital, care at home, and the wider community, helping to reduce isolation and hospital admittance rates.

We design our own activities to benefit our own recovery, empowerment and well being through the areas of art, music, and creative writing. Working together and sharing ideas and resources to support each other through social connection and exchange is a strong feature of our group. We enjoy creatively breaking down the barriers, stigmas and discriminations associated with mental health, replacing these with individual and collective identity, confidence, strength and support.

## 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 – for an affordable cost
- 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

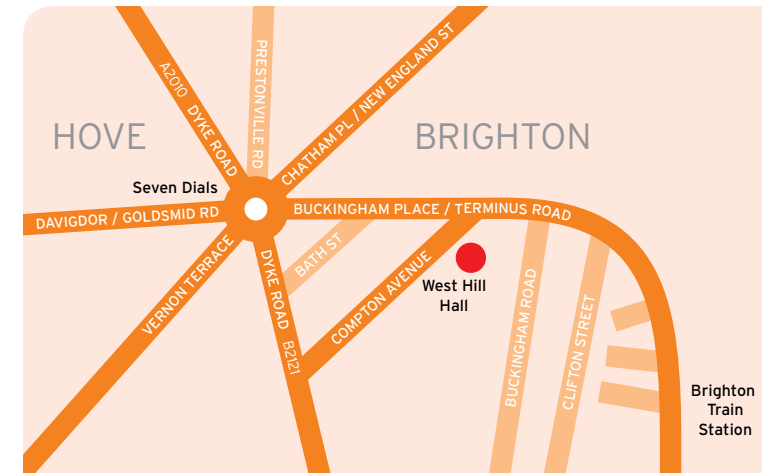
## Peer led, peer focused

At the heart of our approach is the aim to create a non-judgemental, inclusive space for people to connect and share experiences of recovery, rediscovery and reintegration. Individuals are also invited to share their skills, ideas and aspirations with the group. Participants can play music, produce performances and artworks - or, if preferred, newcomers are welcome to simply sit and observe. This forms a basis for open dialogue, communication and reflective healing through creative expression. We find this works for us, you might find it works for you too!

## 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
- Develop kitchen skills through preparing meals
- Organising and contributing to activities
- Designing and leading workshops with the support of Synergy facilitators



# Join us!

**Come and join us, every Tuesday  
from 11 - 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.