



Bridging the gap

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.

We run Synergy for and by ourselves, independent of the 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.

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

synergy participant

Weekly Creative Workshops

A place to play: come and grow creatively

- Meet others, connect & socialise
- Share your poetry and writing ideas
- Unleash your inner drummer
- Jam with percussion and melody
- Food prep and cooking
- Explore your creative potential
- Community kitchen with healthy vegetarian
- Food prepared on the premises, cooked

by volunteers - £3 per dish

• Tea & refreshments provided on a donation basis

- Share your gifts and talents
- Mindfulness
- Storytelling

"That's why Synergy is good because it does provide that bridge back into the community. When you first come out of hospital you are very aware, consciously or subconsciously that something strange has gone on. It's nice to know you can go to this environment where there is no stigma and that is so important, so important" Marilyn

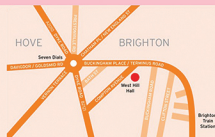
What is Synergy?



The combined power of a group when they are working together that is greater than the total power achieved by each working separately

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.



Join Us!

Come and join us, every Tuesday from 12noon to 5pm

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 the first stop after the train station

By train

West Hill Hall is 400 metres walk uphill from Brighton Railway Station

"It's somewhere I can come however bad I am feeling. The peer-support I get, there are people who can empathize because we are going through similar things at the same time. I don't feel so alone" Sue, Synergy Member