



Centre for
**Society and
Mental Health**

PARTNERING FOR CHANGE FESTIVAL

**HOW CAN COMMUNITIES
COME TOGETHER
TO PARTNER
FOR CHANGE?**

ALL
ACTIVITIES
FREE!

**SATURDAY 18TH -
WEDNESDAY
22ND JUNE**

**JACK DRUM
ARTS, COUNTY
DURHAM**

bit.ly/CSMH-Festival22 @kcsamh #PartneringForChange

FESTIVAL PROGRAMME

SATURDAY 18TH JUNE, ONLINE

13:00 SATURDAY 18TH – 13:00 SUNDAY 19TH JUNE

24-Hour Virtual Games Night with Jack Drum Arts

Organised by a team of young musicians and performers from Jack Drum Arts this non-stop 24 hour gameathon will be live streamed via Twitch starting at 1pm on Saturday until 1pm on Sunday. Young people will be raising funds for local charity If U Care Share who provide a range of services including suicide prevention, intervention and supporting those bereaved by suicide.

If you are interested in tuning in to the live stream, please email info@jackdrum.co.uk with *24 Games Night* as the subject.

More information here: bit.ly/CSMHFEST22-JDG

TUESDAY 21ST JUNE, COUNTY DURHAM

10:30 – 16:30, ST CUTHBERTS CENTRE, CHURCH HILL, CROOK, COUNTY DURHAM

Silk Painting Workshop with Jack Drum Arts

Suitable for adults age 18+. Join Jack Drum's team of staff, volunteers and freelance artists for a day of silk painting helping to create a community banner inspired by the themes of the festival. This meditative artform helps to reduce stress and aids wellbeing and is a particularly effective medium as it brings people together. You can join for the day or just come for a couple of hours. There will be a free lunch provided.

If you are interested in taking part, please email info@jackdrum.co.uk with *Silk Painting* as the subject.

18:30 – 20:30, ST CUTHBERTS CENTRE, CHURCH HILL, CROOK, COUNTY DURHAM

Get Set Samba with Jack Drum Arts

Suitable for young people age 10+. Our youth drumming band are opening their doors to welcome young people to attend a masterclass session with freelance percussionist Sam Ward-Hardy who will teach a new piece of music to participants. Numerous studies have shown that collective music-making has a positive impact on mental health supporting wellbeing, improving confidence whilst providing a safe place for young people to make new social connections. Refreshments will be provided.

If you are interested in taking part, please email info@jackdrum.co.uk with *Get Set Samba* as the subject.

Click here for details about Tuesday at Jack Drum: bit.ly/CSMHFEST22-JD1



Economic
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FESTIVAL PROGRAMME

WEDNESDAY 22ND JUNE, COUNTY DURHAM

11:00 - 14:00, ST CUTHBERTS CENTRE, CROOK, COUNTY DURHAM

Happiness Hub with Jack Drum Arts

Suitable for adults age 18+. Join our Happiness Hub workshop for a fun arts and crafts workshop delivered by local artist Anna Harding and create a beautiful memory box to store precious memories of family, friends or home. Stay for a shared lunch and meet some of our regular members.

If you are interested in taking part, please email info@jackdrum.co.uk with *Happiness Hub* as the subject.

Click here for details about Wednesday at Jack Drum: bit.ly/CSMHFEST22-JD2

18:30 - 20:30, ST CUTHBERTS CENTRE, CROOK, COUNTY DURHAM

Games Night with Jack Drum Arts

Suitable for young people age 11+. Young people from our Cree Connections youth mental health group will be working with a games designer to create their own novel board games inspired by themes of community, the environment and role play. This regular group is part of the County Durham Cree network supporting health and wellbeing through provision of a regular social group.

If you are interested in taking part, please email info@jackdrum.co.uk with *Games Night* as the subject.

Click here for details about Wednesday at Jack Drum: bit.ly/CSMHFEST22-JD2



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