

# ARTiculate

Empowering young people  
through the creative arts

Arts Council of  
Northern Ireland  
Young People  
& Wellbeing Arts  
Programme



LOTTERY FUNDED



Public Health  
Agency

Project supported by the PHA

A partnership programme delivered by the Arts Council  
of Northern Ireland and the Public Health Agency

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Empowering young people  
through the creative arts

The **Young People & Wellbeing Arts Programme** is a new initiative by the Arts Council of Northern Ireland. It aims to improve the health and wellbeing of young people across Northern Ireland. The Arts help give young people a voice, to articulate their story and in the process to achieve greater personal wellbeing.

It is a three-year programme jointly funded by the Arts Council National Lottery fund and the Public Health Agency (PHA), with a total programme budget of £600,000.

## **The programme:**

- uses artists and the arts to give a voice to young people
- engages young people in custom-made creative activities
- uses the arts to challenge any stigma, prejudice and discrimination associated with mental health and wellbeing
- supports help-seeking behaviour by participants

## **The programme is delivered by**

Artists and professional arts organisations working in partnership with youth and community organisations linked to the PHA across a range of health improvement themes.



### Key benefits

The Arts are recognised for their ability to improve:

- personal wellbeing
- self-expression
- self-confidence
- self-motivation

The programme uses these attributes as tools to address young people's health and wellbeing.

Participants can expect to benefit from the wide range of positive outcomes associated with improved health and wellbeing, including:

- increasing opportunities for young people to engage with the arts
- finding positive channels for self-expression through the arts
- learning new creative and communicative skills
- experiencing a reduction in tension and stress
- making new friends and connections
- discovering a renewed sense of purpose in life
- developing an improved attitude towards mental health
- expanding awareness of the support that is available
- beginning a life-long interest in the arts and creativity



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## Programme grants

Grants are available to constituted and voluntary groups working with young people and currently contracted by the Public Health Agency.

Projects must be able to demonstrate fit with the programme targets:

- improve the emotional, physical and social wellbeing of participants
- enable participants to express opinions or feelings using the creative arts
- realise improvements in wider services for young people with mental health issues
- empower communities to take a pro-active role in promoting mental health and wellbeing
- reduce stigma associated with mental health and wellbeing
- support and promote help-seeking behaviour amongst participants

Funding for training and support for artists is also available.

ARTiculate, the Young People Wellbeing & Arts Programme links to the Northern Ireland Executive's Protect Life, A Shared Vision document, part of the Northern Ireland Suicide Prevention Strategy.

## Further information

Further information is available from the Arts Council's website, [www.artscouncil-ni.org](http://www.artscouncil-ni.org) and from the programme co-ordinator, Lorraine Calderwood, E: [lcaldерwood@artscouncil-ni.org](mailto:lcaldерwood@artscouncil-ni.org)