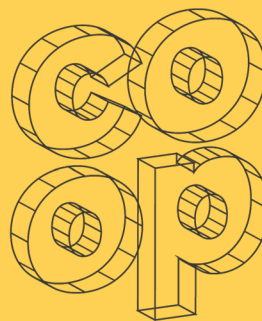


Creative challenge pack.

From the

culture



Lancaster District Cultural Education Partnership

The Culture Co-op welcomes you to your creative challenge pack.

You have been given this pack to help you navigate the challenging times you and many others around the world are facing at the moment. The Culture Co-op is here to make sure that young people across the Lancaster District have access to high quality arts and cultural activities, no matter their ability or background.

Arts and culture have been proven to support a healthy lifestyle, keeping our minds and bodies active and connecting us to others by developing empathy and understanding. Art helps us make sense of the world around us, and we believe that this is needed now more than ever. Just because the pandemic and social distancing measures have shifted us inwards and indoors, it doesn't mean that creativity stops.

What should I expect?

Whilst we are presenting you with a unique challenge to get creative, there is no right or wrong. These activities have been carefully curated to support learning and enjoyment and can be explored and combined in a number of different ways. We also do not expect you to try everything in one go, or even at all. Just challenge yourself with the activities that speak to you, as who knows what it could lead to next. And remember, don't give up! Keep practising and honing your skills.

Play, curiosity and experimentation are at the core of all of these activities. Seeing and experiencing art can give you the tools to express yourself and your emotions in new ways. Can't find the words? Dance. Can't shift that strange feeling? Draw it.

And finally, pass it on! Distancing measures mean that we can't connect with others in the same way, however sharing an activity with a friend or family member might connect you in ways you might not expect.

Your Creative Challenge Pack

This pack has been created with YOU in mind. Artists and practitioners from across the Lancaster District have developed these activities to support your mental health. If you are feeling low and want some extra support, you will also find links to a number of mental health services across the District at the end of the pack.

Keep in Touch

As this is a creative challenge pack, we also want to give you the opportunity to share your creations with others. If you have the means to, why not send us a tweet or tag us on Instagram:

@Cultureco_op

 culturecooplancs

Don't forget to use the following #'s

#coopchallengepack
#letscreate

You can also email us at:
culturecooplancs@gmail.com.



Room Raving

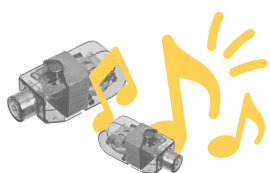
Dance Activity

from the Culture Co-op

What you will need:

A dark room, your favourite piece of music and 2 of the finger lights (or small torches).

1.



Grab your rave kit

Before you start, you might want to spend some time getting your space and materials ready. A dark room is best, either by blacking out the windows or raving when it's dark.

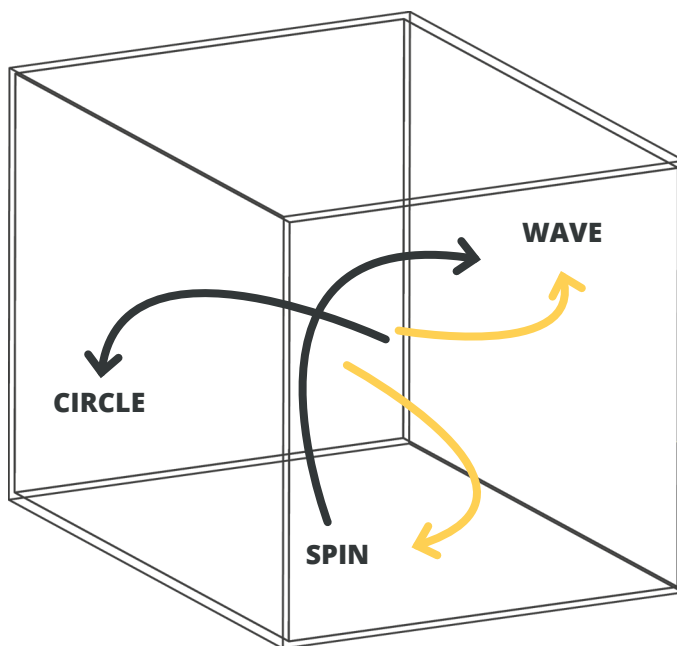
When you are ready find a comfortable spot (sit, lay or stand) and start the music.

2.

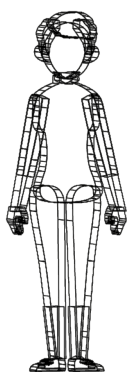
Paint the space

Your first challenge is to paint your space. Move the lights across the walls, floor, ceiling and over every surface. You can stick to the spot or move around. Also imagine that your painting with watercolour, so you will need to go over the same spots a few times to get good light coverage.

Tip: Start slow and build it up, finding your own rhythm and timing to the music.



3.



Paint yourself

Now direct the light on yourself. Move your hands and arms (rotate, circle, wave) to cover every part of your body in light.

Again, as it's only watercolour, go over each surface a few times to make sure you get good coverage.

Tip: Listen to your music. You might want to speed up a bit and use some different movements, such as; turning, spinning, rolling, rotating and dipping (depending on how much space you have). Get creative and lose yourself in the moment.

4.

Reflect on your experience

How did that feel? Did you enjoy it, or was it nerve-racking? Take your sketchbook and write down a few words. You could use these words and ideas to start writing a song.

So, you have done it once, now what? Well, you could do it again, or invite a family member to do it with you. Maybe let them pick the music this time?

Pop-up Morecambe

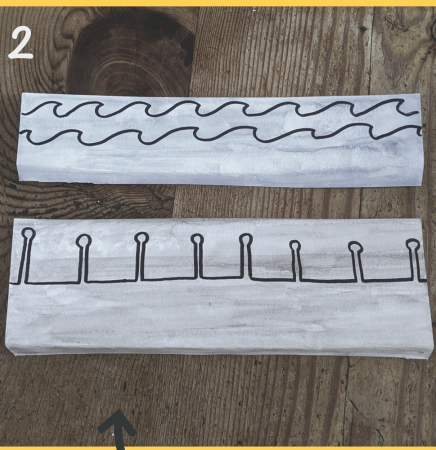
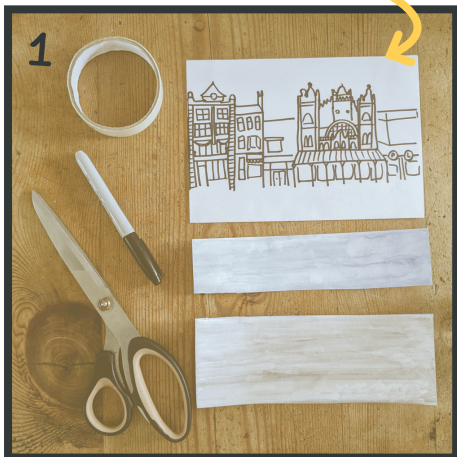
Visual Art Activity

from Deco Publique

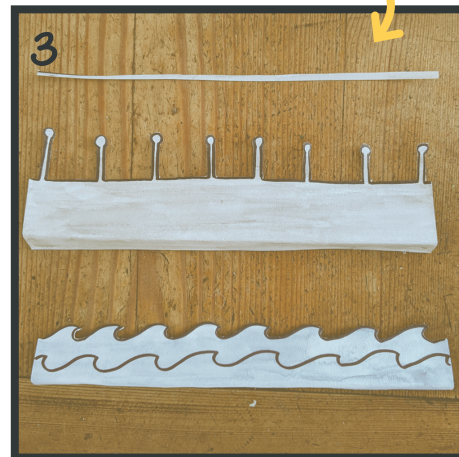
What you will need:

Scissors, black marker, blue, grey & white card (or colour the templates), white paper, sticky tape, magazine page/ coloured paper and thread.

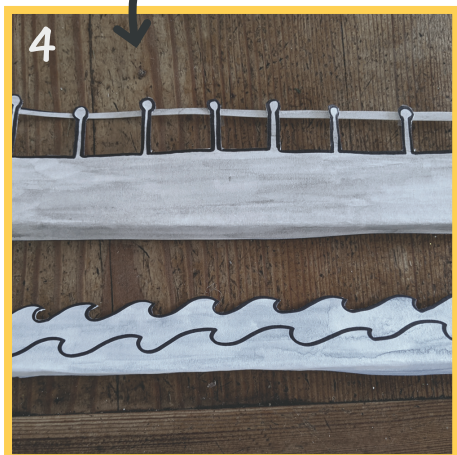
Draw your own or trace



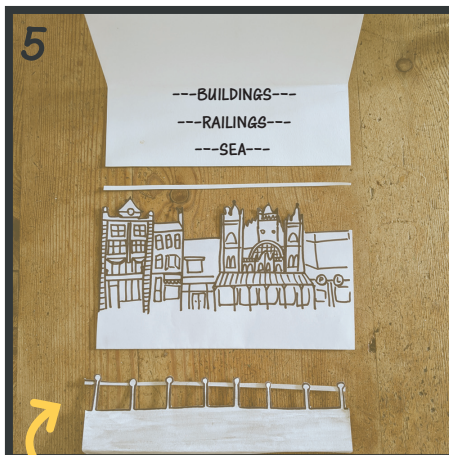
Cut these out



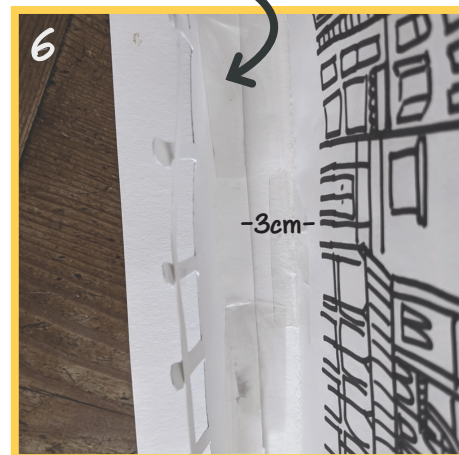
Tape railing here



Fold 1cm at bottom



Tape folded bit to bottom of card



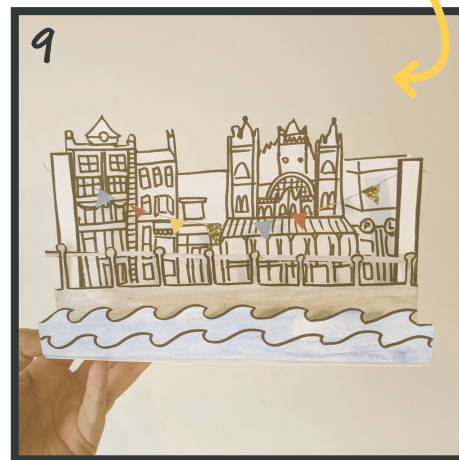
1/2 sheet of card folded in 1/2



Fold scrap paper/ mag & cut out triangles to make bunting



Glue triangles to a piece of string

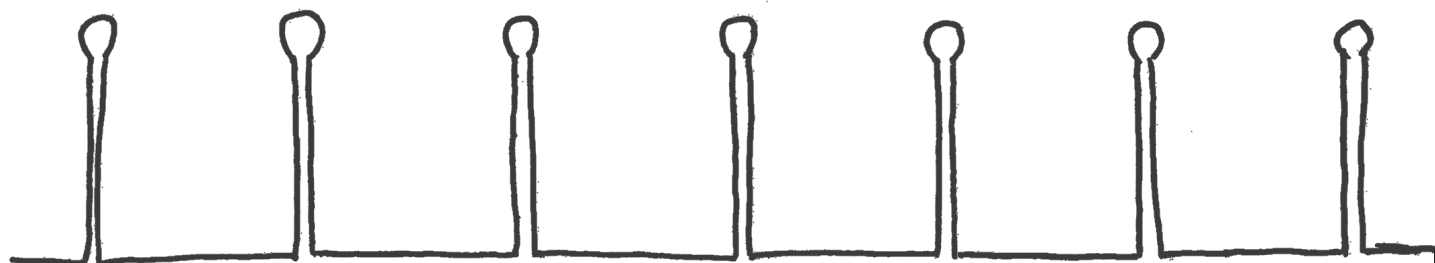
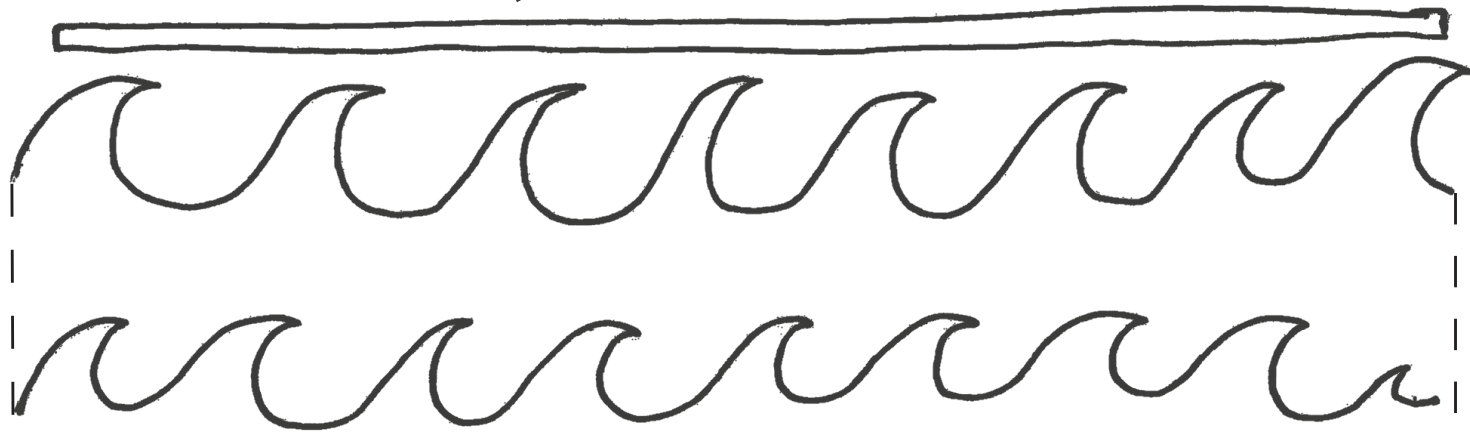


Voila!

Deco Publique is an art and culture company making original work, based in Morecambe and working around the North. We make public art that animates coastal spaces, rural landscapes and urban centres. @DecoPublique / 07950 269 333 / hello@decopublique.co.uk.

**DECO
PUBLIQUE**

You can cut these out or copy them



The Mask

Drama Activity

from the Prop Up Project

What you will need:

A sketchbook, pen, mask, coloured pencils, glue and stuff to decorate your mask.



FORBIDDEN CAVE



THE FOREST



THE JOURNEY

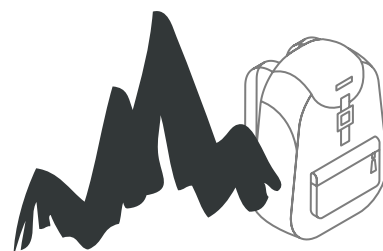
1. Choosing one of the above as inspiration, take the pen and sketchbook provided and jot down some initial ideas for stories that could take place. There is no right or wrong, just let the words and images flow. Once you have a few down, pick your favourite one.
2. Now think about what kind of characters you might find in your chosen story. Who are they? Where have they come from? Why are they there? How do they relate to one another? Using a fresh page, draw or write about them in your sketchbook.
3. Pick one of these characters and design a mask that you could wear to help place you in the shoes of that character.
4. Once you have created your mask, pop it on and think about the following;
 - What qualities does your character have?
 - How would this character stand, sit, walk or talk?
 - What is this character's purpose within your story?
5. When you feel like you know this character inside out, try writing a short scene from your story. It only needs to be about 10 lines of dialogue and could include other characters from your story (why not ask a family member to play that part for you?)

Top tips for writing a script

At the top of the script you will need a title and the scene number and where the scene takes place. You can also add which characters will be included in this scene and brief information. *"The party. Scene 3: The house. Characters: Jean, aged 24, Elizabeth, aged 55 (mother of Jean) and Bill, a plumber"*

Remember to add in the names of the characters who are saying the lines at the beginning *"Jean: it's not mine it's yours"*

Stage directions can be written in brackets before the speech, to help the actor know how to say the line or give suggestions for actions or gestures for them to do. *"Jean: (walks in from stage left and leans on the table) can you give it back?" / "Elizabeth: (running in and talking fast) I can't find it!"*

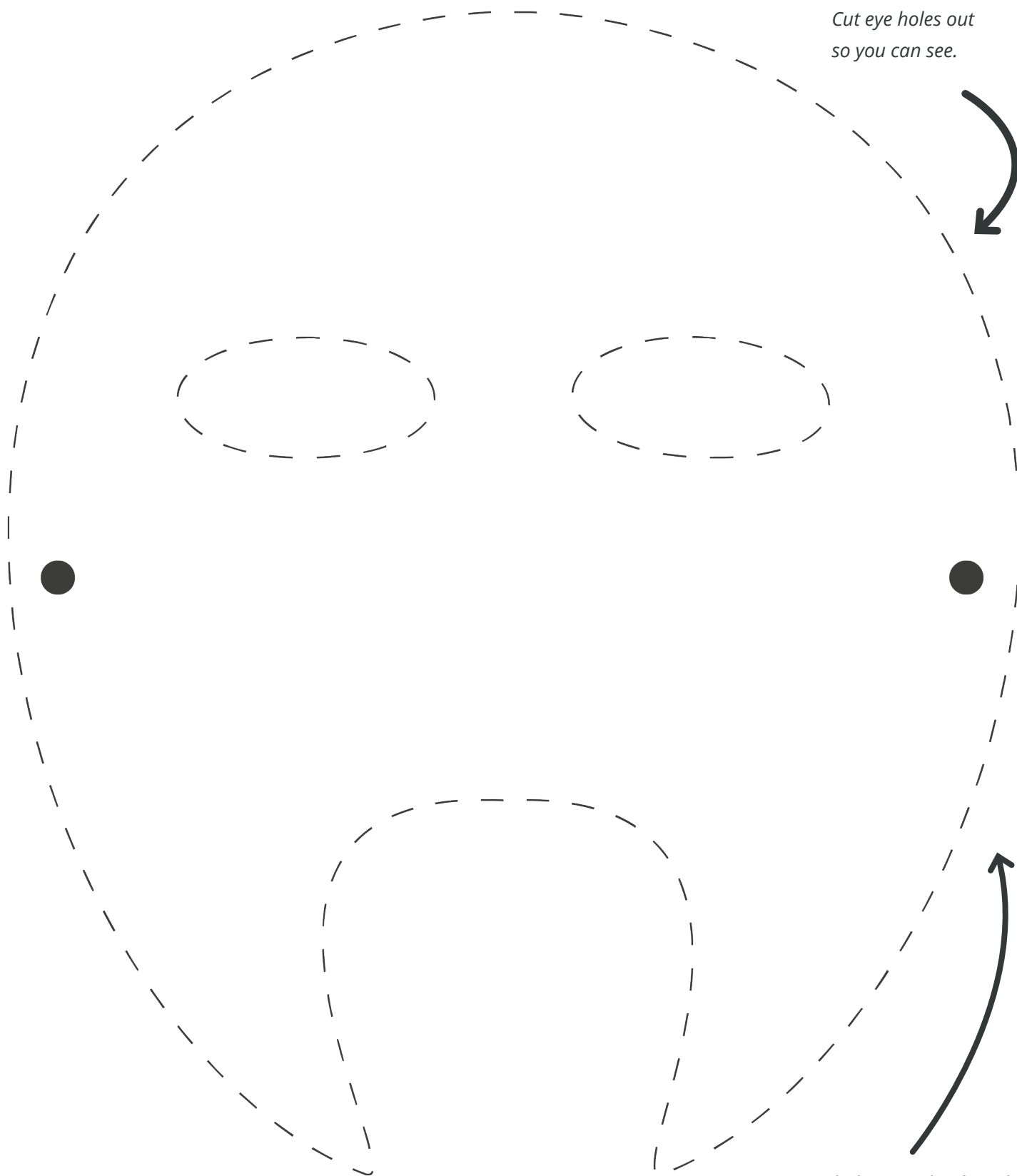


Prop Up Project is a creative hub aimed at young people aged 13+ who feel isolated, uncomfortable with socialising in group activities and would like to improve their mental health. @PropUpProject1 / 07568 937 988 / propupproject@gmail.com.



UP
Prop Project
SAFE SPACE FOR YOU

*Cut eye holes out
so you can see.*



*Pierce holes on side of mask
to attach the string.*



Connect

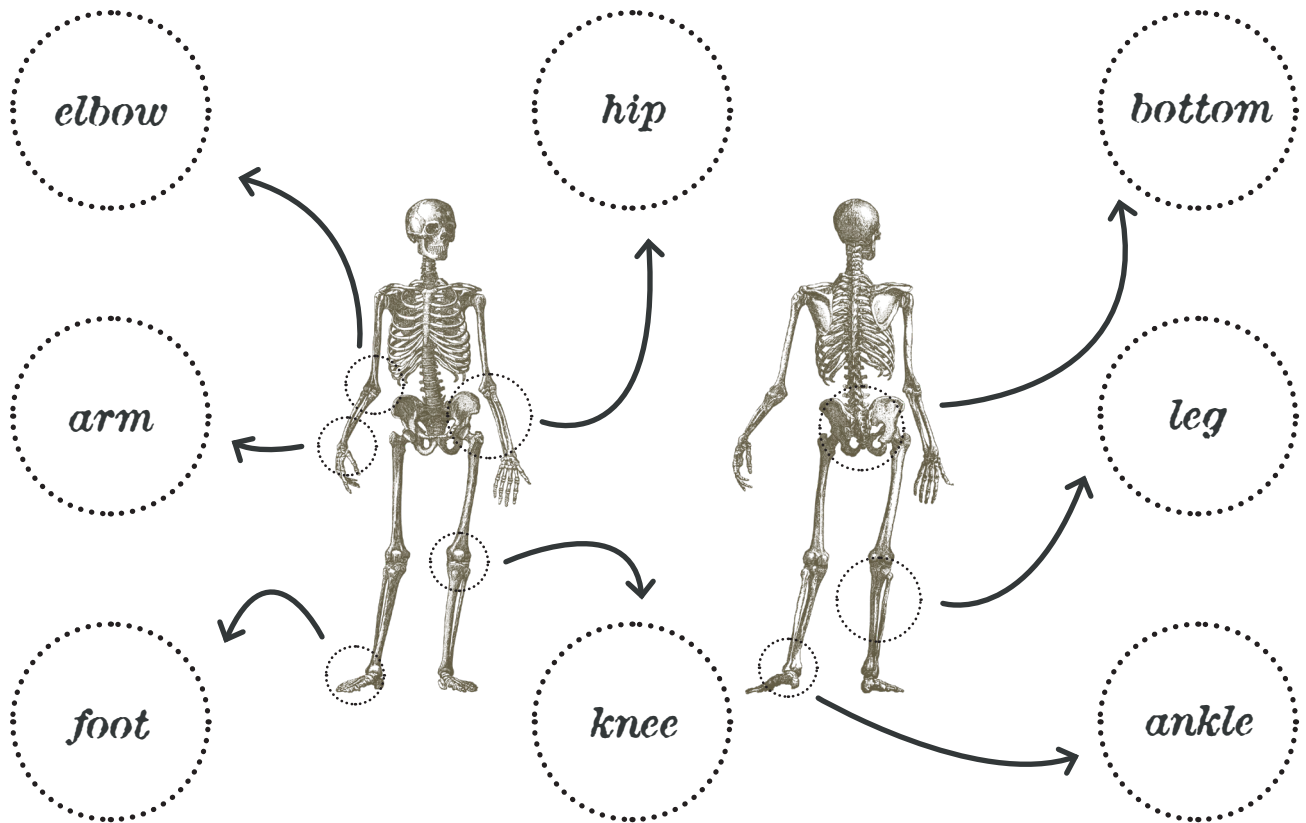
Social Activity

from the Culture Co-op



What you will need:

A coin and a willing participant (preferably someone from your household).



1. Find a willing participant from your household.
2. Take a coin and throw it up into the air near to the body part diagram above. The body part it lands on is the one you have to use. Do this twice for both you and your partner.
3. Connect both body parts together, either surface to surface or linking e.g. linked arms.
4. As you are connected try to move in an interesting way e.g. circle around one another, tap body parts together at least 2 times, move your chosen body parts in a particular direction (up & down, side to side, circling etc.) and try one or more of those whilst you are connected.
5. Pick your favourite movement and repeat it until you can remember it.
6. Now repeat steps 2-6 again twice more and by the end you should have 3 sets of 'connect' greetings.
7. Decide what order you want them in and then practice them. Why not put some music on and do them to that?

And there you go. You have made your very first 'connect' greeting and a new dance routine you could use in a DIY music video (check out the film making activity).

Tip: When you get back to school, why not try this with your mates? Just make sure to wear your mask when getting less than 1m+ away from peers not directly in your family circle.

The Culture Co-op is a cross-sector partnership formed to ensure that every young person across the Lancaster District has access to high quality cultural activity, no matter their background, ability or circumstance. @Cultureco_op



Behind the Camera

Film Making Activity

from Lancashire Youth Challenge

What you will need:

A smart phone, sketchpad and pen. You may also want to source simple costumes and some basic lighting e.g. lamps.



1. PLAN YOUR FILM

What style of film do you want to create? What is your theme or topic? Where will it be set? What costumes and props will you need?

To help with all this try creating a storyboard, which is a sequence of drawings or still images which represent the shots you are planning to take.



STORYBOARD

The link here will give you more information on framing, focus, angles and movement click [HERE](#).

You will find a template storyboard on the next page that you can copy into your sketchbook.

You don't need a fancy camera to make a film. Smart phones have tonnes of functions available to aspiring filmmakers. Just pop it on airplane mode before you start filming.

Lighting is especially important when making a film, so make sure you have plenty of bright light on the subject and the area you wish to film. You also don't need fancy set lighting; household lamps will do.

Remember to shoot your movie in landscape rather than portrait, as it is easier to edit (unless it's for Tik Tok). You will want to wear earphones while filming to judge the sound quality and to ensure there is no background noise.



2. SHOOT YOUR FILM



LANDSCAPE



EDITING



3. EDIT YOUR FILM

There are free movie editing apps for smartphones, so research which one you find the easiest and most fun to use. A good start would be **SPLICE**, **Filmora** or **Filto**.

You can trim your shots, add sound effects, graphics & text, and weave them together into a seamless movie. If you want to share your film on social media platforms, then plan for your film to last between 1 - 2.5 mins in length.

Challenge: Create either a DIY music video in one shot, OR film yourself or someone else completing one of the staircase challenge peaks and speed it up in the edit! And don't forget to share your creations @LancashireYouth and @Cultureco_op.

Film Title _____

Directed by _____

Scene _____

Shot _____

Scene _____

Shot _____

Scene _____

Shot _____

Scene _____

Shot _____

Scene _____

Shot _____

Scene _____

Shot _____

Notes

Word Play

Song Writing Activity


from More Music




What you will need:

A pen, sketchbook and access to YouTube - click [HERE](#) (backing music).


Step 1 'Pick a theme'




Ideas




Relationships




Mental health




What's for tea?



Nature/ environment



Something you did today



Your idea.....

Step 2 'Find the words'

Once you have a theme, try and think of as many words associated with that theme and write them in the grid below.

A	G	M	S	Y
B	H	N	T	Z
C	I	O	U	+
D	J	P	V	+
E	K	Q	W	+
F	L	R	X	+

Step 3 'Getting your senses involved'

Now you have picked your theme and have some words, think about your subject matter and how it makes you feel. Think about the senses (touch, taste, smell, sight and hearing) and write down some more words in your sketchpad. You can call this a senses map.

Step 4 'Rhyming'

Have a go at rhyming as many words in your A-Z and senses map as possible.

Step 5 'Lyric Formation'

Start to shape your words into sentences. Using the grid below as a guide, draw one in your sketchpad. Put your rhyming words in the end column and fill in the gaps to develop your sentence. Aim to write one verse and one chorus.

Sentences	Rhyming end words
<i>E.g. It's time to move forward</i>	<i>don't look back</i>
<i>E.g. I know it's hard to keep</i>	<i>things on track</i>

Tips: Try to make your verse 4-8 lines and chorus 2 (or 1 repeated 4 times). Write about something you have experience of as then your lyrics will be more authentic. Once you have your lyrics you can decide whether to sing or rap them. Writing a melody sounds scary but many artists use only one or two notes in their verses.

[illegible]

Staircase Challenge

Physical Activity

from Lancashire Youth Challenge

What you will need:

A sturdy pair of trainers, bottle of water, towel, piece of paper, pen and a smart phone (if capturing your progress digitally).

Lancashire Youth Challenge encourages you to climb the three highest mountains in the UK (Scafell Pike, Mount Snowdon, and Ben Nevis) by climbing your staircase at home, or by using a local outdoor venue, such as the Williamson Park Monument steps.

Getting started (the maths bit...)

A standard British home has approximately 12-13 steps, each averaging around 1ft in height. So, for this challenge, each step would equal 1ft.

The height of each mountain is as follows:

Scafell Pike = 3209ft (or 3209 steps)

Mount Snowdon = 3560ft (or 3560 steps)

Ben Nevis = 4419ft (or 4419 steps)

Total = 11,108ft (or 11,108 steps)

To work out how many times you need to climb up and down your set of stairs, use this formula:

Total mountain height (ft) divided by the Total number of steps in your home = Total number of sets to complete (one set is either an up or down, not both). e.g. Scafell Pike (3209) / Steps (13) = 247 sets.

Health and Safety

Before you start, make sure you are wearing comfortable sturdy trainers, loose fitting clothing, have a towel to hand (for the sweat) and water to stay hydrated.

When going up and down the steps, hold onto the handrail, and remember it's a marathon not a sprint. Take it slow and have breaks when you need them.

Tip: So, you don't forget how many sets you have done, put some paper at the top of the stairs on the wall and mark off each set. Or get someone to count for you. Physical challenges are always more enjoyable when done with someone else. And if you are worried about being able to complete the challenge on your own, why not partner with a family member and complete the challenge as a team?

Here is a link to our website which provides more information about the challenge itself:
<http://www.lancashireyouthchallenge.co.uk/national-three-peaks-staircase-challenge/>.

Documentation

While completing this epic challenge, we encourage you to document your experience by making short films on your smartphone, which capture the highs and lows of this physical challenge. Check out the DIY film making activity in this pack for instructions. Think about:

How did you stay focussed?



How long did each summit take?



How did you prepare?



Sharing your film

Well done, you have created your smartphone movie, capturing the story of your epic 'National Three Peak Staircase Challenge'. Now, you can share it with the world via your social media platforms. Don't forget to tag us in it @LancashireYouth.

Lancashire Youth Challenge is a dynamic charity which enables young people to build confidence and resilience via an exciting year-round programme of personal development activities.

@LancashireYouth / 07885 974 782 / team@lancashireyouthchallenge.co.uk



Moments of Beauty

Visual Art Activity

from Lancaster & Morecambe College

What you will need:

Sketchpad (or tracing paper), graphite pencil, scissors, glue and a blank postcard.

Sketch, trace or take a rubbing of something that you consider to be beautiful.

When complete, cut it out and glue it to the blank side of a postcard.

Answer the questions below on the other side and send it to us.

Your creations will be developed into a digital exhibition and shared on social media. Just remember to put your first name and age somewhere on the postcard.

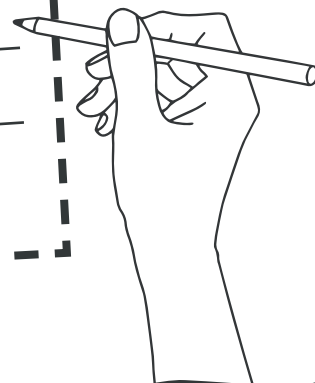
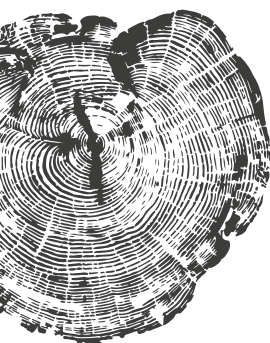
Did you enjoy the creative challenge pack? If so why?

What activity did you enjoy the most?

Do you think you will get creative again in the future? Why?

Did you share any of your creations with other people?

Are you inspired to get involved in arts activities with one of the contributing organisations?



Set up for Singing

Vocal Activity



What you will need:

Just your voice.

from the Lancashire Music Service

Try these 4 simple steps to get you "Set Up for Singing".

BREATHE

This exercise is not only great for singers; it's also great for calming nerves and helping you feel more relaxed.

- Sit quietly and listen to your breath.
- Place one hand on your stomach and notice what happens to your hand. As you breathe in, you should notice your hand move out. As you breathe out, your hand should move inwards.
- Try breathing out for longer than you breathe in. In for a count of two, out to the count of four.
- Repeat this breathing exercise five times.

STRETCH THE BODY

Your voice needs space; space to breathe; space to resonate.

- Take one arm and reach for the sky, bend your elbow and let your arm relax across the top of your head.
- With the other arm, reach around and give your ribcage a rub – this wakes up the intercostal muscles that live between your ribs (brilliant for support and breathing).
- Repeat the same process on the other side.
- Turn your head and take a long look over your right shoulder – hold that stretch for a couple of seconds then repeat on the other side.
- Notice how the middle of your body now feels lighter, taller and more open. This all helps to create support, power and resonance in your voice.

STRETCH THE MOUTH

These 2 exercises are great for giving your mouth a quick workout.

The 5 "Wows"

- Say the word "wow" - notice how your lips move from small and scrunched up to wide open.
- Now say "wow" 5 times in a row making it bigger each time.

Tongue Toothbrush

- Clean your teeth using your tongue; Use the tip of your tongue to rub the inside and outside of each tooth; start in the back, at the top and work your way around to the other side.
- Repeat with your lower teeth
- Notice how your mouth feels more spacious and freer.

STRETCH THE VOICE

This exercise is the best one I know for stretching the range and blending the different registers of the voice; high and low.

- Take a deep breath and hum a note that feels comfortable to you; next, stretch your hum upwards and downwards slowly through your range. Notice your voice get lighter and thinner at the top then lower and darker at the bottom.
- Take another breath and relax your shoulders and continue up and down through your range; humming and sliding, keeping your voice soft and smooth at all times.
- Try it with a gentle 'oo' or 'ah' and aim to vocalise these for 3-5 minutes each day to keep the vocal cords supple and strong.

Now that your voice is ready, why not practice that new song you wrote with the lyric writing activity with More Music?



Your Perfect Area

Citizenship Activity

from Lancaster City Council

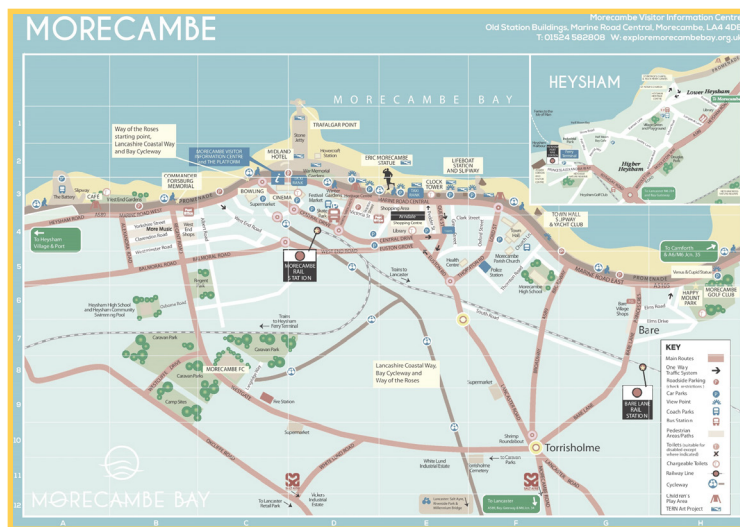
What you will need:

Coloured card, scissors, paper, coloured pencils and glue.

Do you like the place you live in but wish there could be a few improvements? Would you like to be able to create or design your own outdoor spaces, local places, activities, and transport in a different way? If yes, then we challenge you to design your **PERFECT** area.

Like all places your perfect area should include: **outdoor spaces** (parks, beaches), **places to go** and get involved with activities you enjoy for example community & sports centres, **a council** (an organisation who supports the area and helps make decisions) and **transport** (ways to travel around the area).

1. First you need to design a layout for your area. Here are maps of Lancaster, Morecambe and other areas covered by Lancaster City Council. You will find an A4 version of these maps in your pack.



2. Now design one or two of the buildings, outdoor spaces, or activities in more detail. You could do this as a 3D/ 2D model or drawing of the space/ activity itself, or as a mood board (collection of images and words). Why not cut out some of the buildings below and start to play with the layout of your area?



SHOP



MUSEUM



BANK



HOUSE



FACTORY



HOTEL



BUNGALOW



HOSPITAL



FLATS



TOWN HALL

Consider the following: What would the rules/ laws of the area be? Who would make decisions? What could residents and tourists get involved in? What would the buildings look like? How would everyone get from place to place e.g. bikes? How green would your area be?

Community Connectors are a newly formed community-based team at Lancaster City Council. They are there to connect local people to services within the council. @LancasterCC / 01524 582758 / commuityconnectors@lancaster.gov.uk.





MOR ECAMBE BAY


Way of the Roses
starting point,
Lancashire Coastal Way
and Bay Cycleway

Lancashire Coastal Way,
Bay Cycleway and
Way of the Roses

TOWN HALL
SLIPWAY
& YACHT CLUB

Torrisholme

To Lancaster
↑
A580, Bay Gateway & M6, Jct 34

 Lancaster: Salt Ayre,
Riverside Park &
Millennium Bridge

→ To Lancaster
Retail Park

KEY

Main Row

One Wa
Tr 266-5

Roadside

(check re

Car Park
View Point

Содержание

Bus Station

Pedestrian

Areas/Pa

Toilets (s disabled e

where ind

Chargea

Railway I

Cycloewa

Child re
Play AreaFIDY AREA
TERN ART

Found Poetry

Visual Art Activity

from Deco Publique

What you will need:

A page from an old book or letter and a pen (a pencil would be useful too).

This reads as *'I love you more'*.

Levec picked up *Night* from a pile. The policeman scrutinised Max's picture on the cover.

'Sure?'

'Okay, maybe I am.'

Levec raised his shoulders in understanding.

'Course you are. You must have lots of female fans.'

Max fiddled with his earmuffs, which he was wearing around his neck. 'I don't know,' he said. 'Maybe.'

'Well, my ex-fiancée loved your book. She was always going on about it. Sorry – I mean of course the book by that guy you look like. Perhaps you could write his name in here for me?'

Max nodded.

'For Frédéric,' Levec dictated, with great affection.

Max pulled his teeth and wrote what he'd been asked for.

'Wonderful,' said Levec and beamed at Perdu. 'Is your son going to pay the fine too?'

Jean Perdu nodded. 'Of course. He's a good boy.'

After Max had pulled out his pockets to reveal a few notes of small denomination and some coins, they were both broke. With a sigh, Levec took some recent publications – 'Far in the East' – and a recipe book, *Cooking for the Single Man*.

'Wait a minute,' said Perdu, then, after a quick search, handed him Roman Gary's autobiography from the *Lovers of Lullabies* section.

'What's this for?'

'You mean what's it against, dear Brigadier?' Perdu corrected him gently. 'It's against the disappointment of knowing that no woman will ever love us as much as the one who gave birth to us. Levec blushed and quickly ducked out of the book barge.

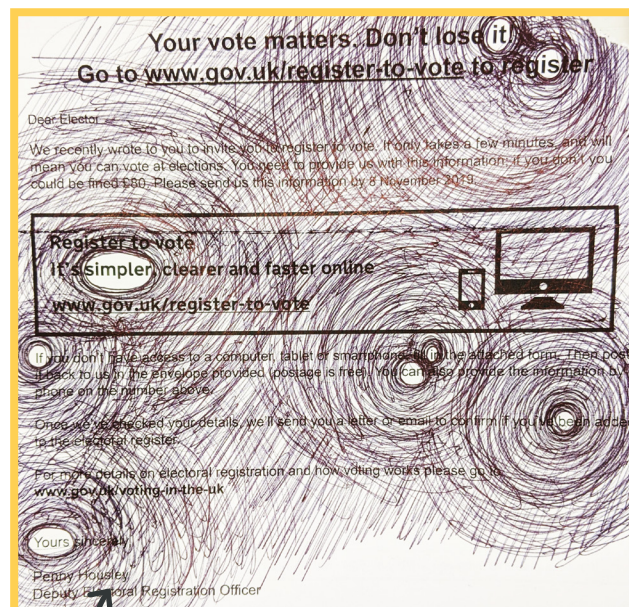
'Thank you,' whispered Max.

As the policeman cast off, Perdu was more convinced than ever

The Method

1. Find a page out of an interesting book (one that you don't mind defacing) or letter and get a black pen (the finer the better).
2. Read through the page and pick out a few appealing words (it might be useful to circle them in pencil first).
3. Form a sentence from the individual words you have chosen.
4. So that the words you have chosen can be read as a sentence, block out the rest of the text in a unique way e.g. circles, waves, lines.
5. Once you have completed your artwork, share it with friends, family and on social media. When framed, these make lovely gifts!

Don't worry if you haven't got any books. You will find two pages below that you can print out.



This reads as *'It is simpler if you can be...'*



Gems are costly because they are rare. Another name for them is precious stones. Still another is jewels.

Diamonds are the most popular of all gems. They are liked chiefly because of their brilliance. Diamonds are crystals of carbon. The finest come from South Africa.

Rubies, sapphires, emeralds, topazes, zircons, amethysts, aquamarines, and garnets are crystals, too. They are crystals of several different minerals.

Rubies and sapphires are crystals of the same mineral. It is called corundum. The beautiful colours of these gems come from impurities in the corundum.

Big rubies are among the rarest and most beautiful of gems. They are rarer than big diamonds. For centuries the finest rubies have come from Burma. The native princes of India own some of the best ones. They guard them so closely that no one knows much about them. There are stories of rubies as big as hen's eggs.

Rubies can be manufactured. The manufactured gems are called synthetic rubies. They are very much cheaper than natural rubies of the same size.

Sapphires are found in Burma, too, and also in many other places. Some very fine ones have come from Montana (U.S.A.). But

the best sapphires come from Kashmir. Sapphires, like rubies, can be manufactured.

The emerald is a lovely rich green colour. In ancient times there were famous emerald mines near the Red Sea. Today the finest emeralds come from the mines of Colombia, in South America.

Amethysts are not nearly as expensive as diamonds, rubies, sapphires, or emeralds. They are crystals of the common mineral quartz. Quartz comes in many different colours. It is not called amethyst unless it is lavender or purple.

The topaz in the picture is yellow. But topazes are not always yellow. They may be blue, green, or even deep red. The best topazes come from Brazil.

The name "garnet" comes from the old Latin word for pomegranate. Garnets were supposed to look like pomegranate seeds. Most of them are red, but there are brown, yellow, green, and black garnets, too. Much old-fashioned jewellery is set with garnets. But garnets are not nearly as popular as they used to be. Some of the best garnets come from the United States, although garnets were worn in the Old World long before America was discovered.

Some zircons look much like diamonds. They are colourless crystal. But the most

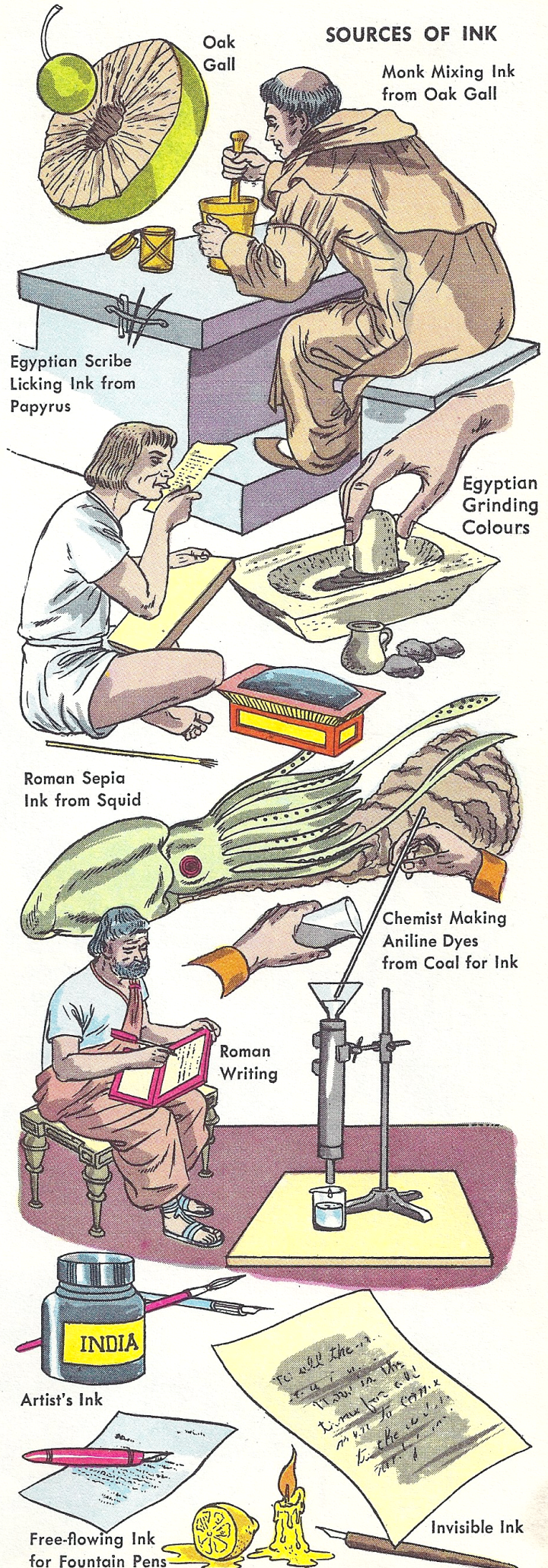
INK More than 4,000 years ago the Egyptians were writing with ink on papyrus. Ink is older than paper. The ink of the Egyptians was made of powdered charcoal and some kind of glue. It could be wiped off with a sponge. Sometimes, if an Egyptian writer made a mistake, he licked off the ink with his tongue. The Romans, centuries later, were still using the same kind of ink. An old story tells that one Roman emperor used to make poets lick off any of their poems he did not like.

The Romans used another kind of ink, too. They got this ink from an animal in the sea—the squid. When a squid is disturbed it sends out a dark-brown liquid to make a kind of smoke screen around itself. The Romans found that they could write with this brown fluid. We call it sepia.

About 1,000 years ago a new kind of ink was invented. It was made from galls from oak trees. Oak galls are woody lumps that grow around the eggs that gall insects lay in oak twigs. There is tannin in these galls. When certain chemicals are added to the tannin, excellent ink is made. During the Middle Ages every writer had his own recipe for ink. Much of the writing done then is as clear today as if it had just been done.

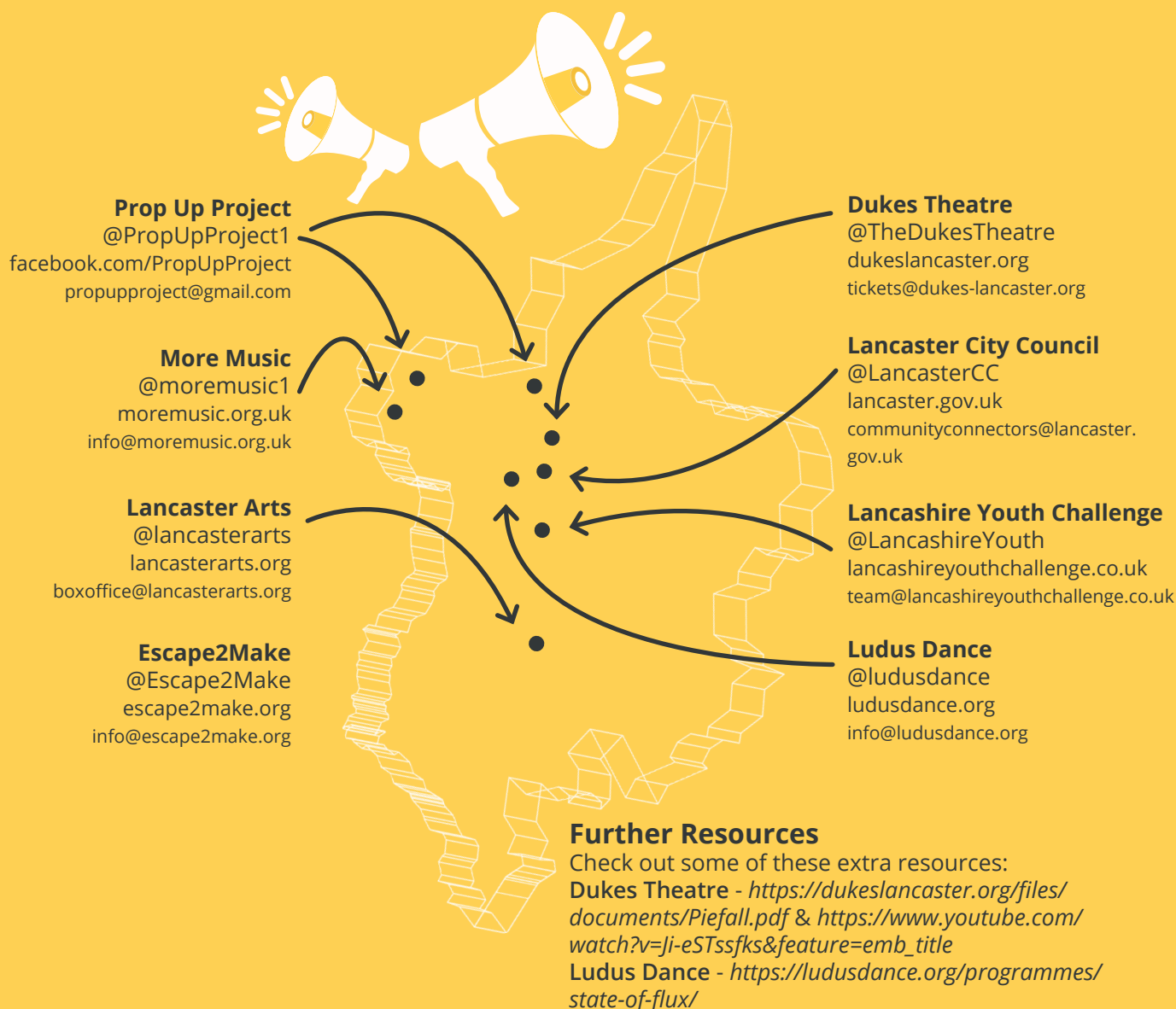
Today there are many kinds of ink. There is ink of every colour. Aniline dyes have made all these colours possible. Some ink is made specially for fountain pens. Some is made for ball-point pens. Some is used only in printing. Artists use Indian ink, which is not good for ordinary writing or printing. Many different materials are used in the many kinds of ink.

There are even many kinds of invisible ink. Sometimes secret messages are written in them. The messages do not show until the writing is treated in some way. Probably the simplest kind of invisible ink is lemon juice. The writing done with it does not show until it is heated. Then the lemon juice scorches and the writing turns brown and is visible. (See **DYES**; **GALLS**; **SECRET WRITING**; **SQUIDS**; **WRITING**.)



Hello. Who's out there?

Finished everything in the pack? Then why not step out into the world and find more art and culture to consume?



Mental Health Support

If your feeling down and want that little bit of extra support, check out some of the local services on offer to young people across the district and beyond.

Big White Wall: An online community for people who are stressed, anxious or feeling low. The service has an active forum 24/7 365 days a year with support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists. You will have to register, so use the following link to create an account - <https://account.v2.bigwhitewall.com/register/area>.

Young Minds: Resources on Finding help with mental health. Resources on feelings, symptoms, conditions and medications. Information about professional agencies that can provide you with support - youngminds.org.uk.

The NHS Wellbeing and Mental Health Texting Service: This is a confidential and anonymous service supporting well-being and mental health for people who prefer to text. Text HELLO to 07860 022846 or search lscft.nhs.uk/texting-service. Lancashire Care Well-being & Mental Health Helpline. Telephone 0800 915 4640. Open 24 Hours a day, 365 days a year.

Samaritans: Free one-to-one | Open 24 hours a day. Call 116 123 | Email jo@samaritans.org | Provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Free, safe and anonymous online counselling and support

**“I don’t think I could’ve spoken
to someone face-to-face.”**



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friendly counsellors



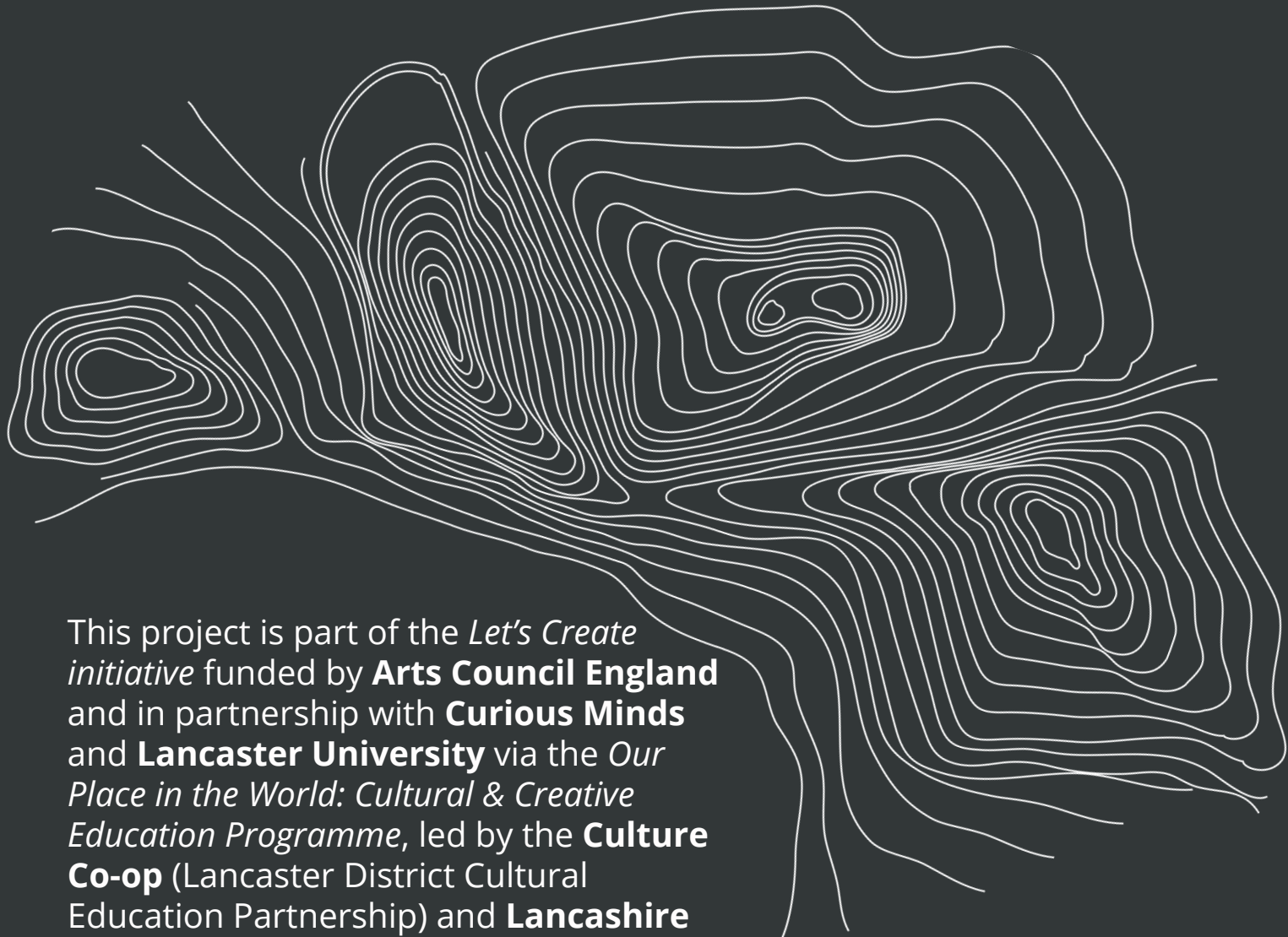
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