



Arts workshops
for 13-17 year olds
in Nottingham

express YOURSELF

Referral
Guidance

Frequently Asked Questions

What is Express Yourself about?

Express Yourself is an art based programme run by City Arts.

It is an opportunity to learn about different art forms and explore issues around health and wellbeing in a safe creative environment.

We hope that the project inspires young people, and helps build their confidence and raise self-esteem, supports them to gain new skills and get a qualification (Arts Award).

The sessions are free for young people to attend

Who's it aimed towards?

The programme is open to young people 13-17 years olds.

This project has been set up to support young people who:

- may need extra support with health and wellbeing needs
- are finding it challenging to attend school
- want to seek new opportunities and make a positive change to their lives

Who can refer?

Any agencies working with young people aged between 13-17 years old.

Young people can attend through a referral made from their key worker (social worker, teacher, youth worker or any other agencies working with young people) or by a self-referral but they will need to have permission from their parents/carers to attend.

Does the project support young people who have transport issues?

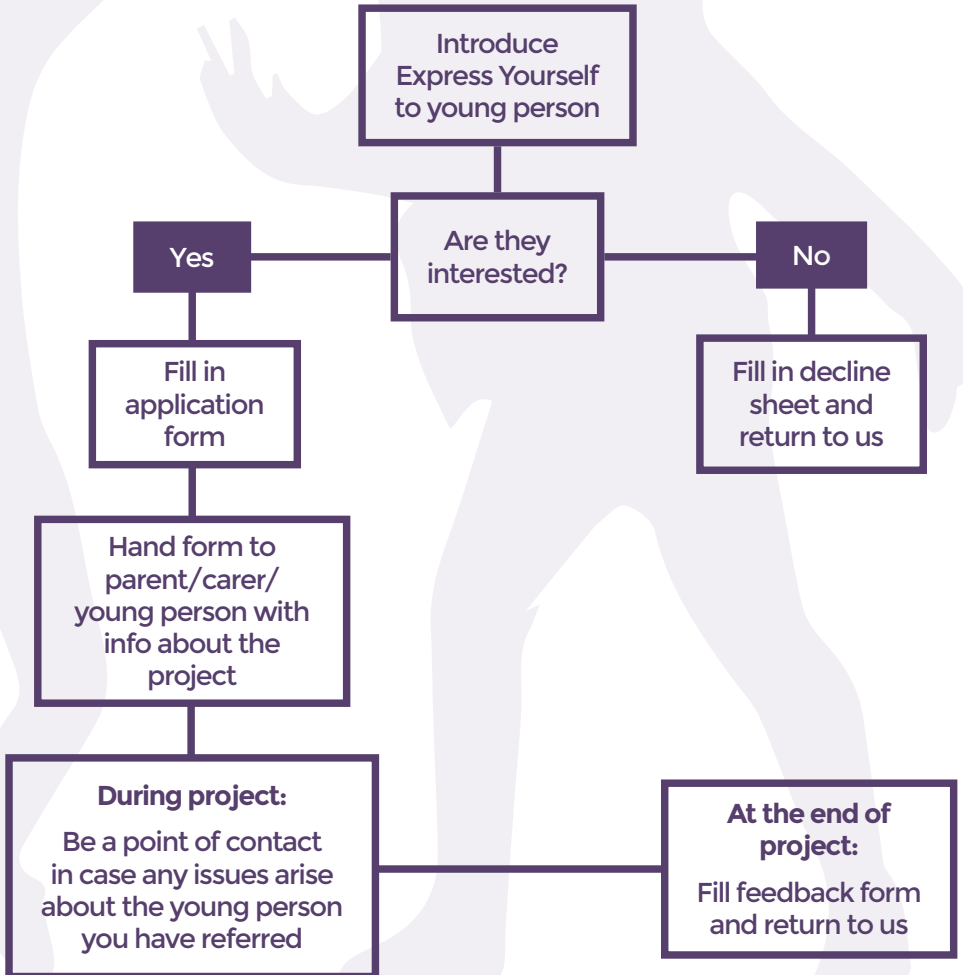
Unfortunately we are unable to provide transport. We rely on young people being able to attend the session's independently or transport provided by the parents/carers.

What are City Arts responsibilities?

City Arts aims to work within our Child Protection Policies (available on request). All our staff will make sure that we provide a safe environment for the young people who attend. We will inform you as soon as a young person starts attending, contact you if there are any issues regarding the young person you have referred; and will give you feedback form at the end of the sessions so you can keep for your records.

Role of Referrer

Your role is to promote Express Yourself as an option for young people who are accessing your services:





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