

Listen Up!

CREATIVE WORKSHOPS FOR YOUNG PEOPLE WHO HEAR VOICES OR SEE VISIONS

Lots of young people hear voices or see visions, but many of us don't talk about it. Some feel that people will make fun of them or bully them, others worry that other people just won't understand.

Listen Up! is a summer arts roadshow with Rai Waddingham (someone who hears voices) and Mary Robson (a creative facilitator) especially for young people who have had personal experience of hearing voices or seeing visions. During the workshops, participants will have the opportunity to help make a work of art that will help to challenge the stigma that surrounds voice-hearing. The finished piece will be on show at an exhibition on voice-hearing at Durham's Palace Green Library (November 2016 – February 2017).

It's an opportunity to:

- Challenge stigma
- Help parents, family and other people understand what it's like to hear voices
- Encourage other young people to speak up
- Meet other young people who hear voices and share your experiences (if you want to)
- Learn some new skills

When is it on?

28 July 2016 (Bradford, 11-19yrs, 1-4pm)
29 July 2016 (Durham, 11-19yrs, 1-4pm)
5 August 2016 (Leeds, 11-25yrs, 1-4pm)
6 August 2016 (Durham, 11-25yrs, 1-4pm)

Ending with a two-day workshop in Durham on 24-25 September 2016.

Who can come along?

The workshops are open to young people who have heard voices or seen visions. The first two workshops are specifically for young people aged between 11 and 19. The other workshops are open to young people aged between 11 and 25.

Can parents come too?

If you'd find it easier to have a parent or a supporter there, that's OK. Just let us know and we'll talk about how we can help you to feel OK to take part.

Will I need to talk about my voices/visions?

No. It's OK to talk about your experiences if you want to – but no-one will put you under any pressure to say anything. Whilst it's OK to talk or about what you see or hear, our main aim is to help challenge people to think about young people who hear voices in a different way. You don't need to share your own experiences to do that.

Do I need to come to every workshop?

No. You can take part in whatever way you choose. Some people will just come to a single workshop. Others may come to most of them. However often you come, you will have the chance to shape and contribute to the final art work. But, the more you come the more opportunities you will have to have your voice heard

How do I join?

Just email htv.coordinator@durham.ac.uk with your name, age and contact details and we'll provide you with more information.