

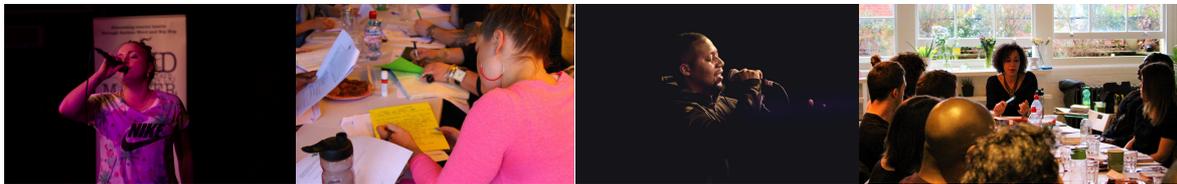
***Poetry Prescribed and Mind Over Matter are partners in poetry; using spoken word and music to break down barriers, and promote good mental health and well-being. We offer our Young Minds Matter programme to educational services, youth charities, and organisations.***

### **Poetry Prescribed:**

Poetry Prescribed use spoken word poetry as a catalyst for conversation; to inspire thought, change, and creativity. Through poetry we can creatively connect to self, others, and our communities. We provide a safe space for people to come together and learn about how both spoken word poetry and creative writing can help deal with difficult topics. There are many benefits associated with poetry such as the relief of depressive symptoms, improvement of self-esteem and self-understanding, the promotion of empathy and understanding of others, and encouragement to express feelings to name just a few. Poetry Prescribed can offer a voice to those who have previously found it difficult to articulate and/or express what they feel- and is suitable for all ages, making it all inclusive.

### **Mind Over Matter**

Mind Over Matter is an independent project which aims to break down stigma attached to mental health, by discussing it through spoken word poetry, hip hop, and song. We host spirited, powerful events showcasing the best of up and coming talent via our open mic, as well as featuring well established artists. We've seen our events help people with depression, anxiety, addiction and inspire audience members to start writing poetry. We've also seen the events open conversations audience members found difficult to start before attending. We provide service users with a platform to perform and speak about their experiences and journeys with mental health. Mind Over Matter pride ourselves on creating a safe, welcoming, supportive environment for people to express themselves through their chosen art form.



### **Our Service**

We offer stand-alone, or 6 part courses of workshops culminating in a spoken word assembly/showcase/event, with the option of purchasing an e-book of all the poetry created during the course; and/or edited video footage of the assembly/showcase/event.

Our signature workshops can accommodate up to 30 participants, but we are also able to design bespoke workshops for larger groups too. In addition to the direct benefits to be had from taking part in our workshops, there is also an opportunity for participants to learn enough about spoken word poetry and creative writing to be able to continue to use some of the workshop techniques in their own time.

Our in-house events can run as smaller scale poetry showcases, and be easily integrated into assemblies. There is also the option to run a larger scale event, opening it up to both students, and the public. We would host an open mic/showcase for workshop participants before presenting headliners from the spoken word and/or music scene.

Workshops would be facilitated by Miss Yankey, Founder of Poetry Prescribed, and recently nominated for the Best Spoken Word Artist at the Saboteur Awards. Events would be organised by Fisky- founder of Mind Over Matter, talented rapper, and poet; also, recently shortlisted for Best Regular Spoken Word Night at The Saboteur Awards. Both are highly regarded on the spoken word scene.

**We believe that through our workshops and events we can provide:**

- **Information;** the knowledge and skill that will enable people to make informed choices about their lives.
- **Empowerment;** the ability to understand, seek out and access appropriate services
- **Support and Advice;** in a nurturing, and friendly environment
- **Self-expression;** an opportunity for people to share their feelings, thoughts, ideas and work in a way unique to their individual experience and creative skills
- **Collaboration;** we continue to work with other projects and organisations to create platforms and share experiences. We support signed and unsigned acts with paid performance rates, gig opportunities and promotion.
- **Community;** we create a safe and welcoming environment for people to come together to discuss the difficulties they have faced, or continue to deal with
- **Inspiration;** providing a platform for people to share in a space free from judgement and to witness artists discussing their own experiences with mental health, through their art

**Poetry Workshops and Event (Outcomes):**

Our workshops explore poetry on a variety of topics including mental health, loss, celebrating women, a culture of violence, love and relationships, discrimination, and much more.

During our workshops, we invite participants to read, listen, speak, create, and share poetry in a safe and nurturing environment. In addition to our signature workshops we run workshops focused solely on creating, and on performance. The poetry created in the workshops can be collated into an e-book, which essentially will be a poetry pamphlet. This poetry will also be presented by workshop participants at a final event/showcase (with the option of filming).

Poetry is frequently used in structured therapy sessions; and on a personal level is accessed by many in times of need. It can inspire thought, change, and creativity; it can also promote healing and personal growth. Through poetry we can creatively connect to self, others, and our communities.

**Poetry:**

- Has been repeatedly shown to relieve depressive symptoms, improve self-esteem and self-understanding, and encourage the expression of feelings
- Inspires creativity
- Promotes healing and personal growth
- Alleviates anxiety and stress
- Enhances problem solving skills
- Promotes mindfulness
- Develops greater empathy and understanding of others
- Can tap into powerful non-verbal responses, much the way music does
- Promotes self-reflection and exploration
- Validates emotional experiences
- Can help people realise that many of their experiences are shared by others
- Can boost your mood
- Can say what you can't
- Improves communication skills
- Helps individuals redefine their situation by opening new ways of perceiving reality

We take pride in supporting our service users to explore their own creative abilities, and in turn to confidently express their thoughts and feelings. Our events and workshops, alongside our bespoke poetry prescription packs educate our users about the therapeutic benefits of poetry and creative writing; and provide them with valuable self-management tools.

We believe that equipping people with the ability to express themselves in a healthy and creative way not only boosts confidence, but can have a positive effect on their long term mental health and wellbeing. Poetry Prescribed and Mind Over Matter offer meaningful activity which encourages and enables improved self-esteem, wellbeing and mental health. Those who attend our workshops and events have an opportunity to engage with others in a positive way; offering an opportunity to build a supportive social network.

*\*\*Our facilitators all hold an up to date DBS*

### **Cost:**

#### **Poetry Prescribed Workshops:**

1 hour workshop: £120/ £4 per head\*\*  
1.5 hour workshop: £170/ £5.66 per head  
2 hour workshop: £220/ £7.33 per head

*\*\*per head costs based on a maximum of 30 people*

Half day workshop/s (3 hours): £320  
Full day workshop/s (6 hours): £620  
E-Book/Poetry Pamphlet: *From* £100

*If designing workshops for larger groups, cost will increase depending on need- for example it may be necessary to book an additional facilitator.*

#### **Mind Over Matter Showcases/Events:**

Poetry Presentation/assembly (1 hour): £150  
Hosted Poetry Showcase (1-2 hours): £150 - £250  
Full in-house Mind Over Matter event (3 hour show): *From* £450

Filming of event: *From* £150  
Editing of footage: *From* £100

Prices are for bookings within the M25- we do offer our service nationally, with additional travel costs depending on location.

***Please do not hesitate to get in touch - tell us your aims and objectives, give us a budget and theme to work with, and we will do our best to put together a package to meet your requirement.***

**Testimonials:**

*"Big thank you to Poetry Prescribed for providing a very interactive, fun and heartfelt session. The young people and I from City, Hackney and Waltham Forest MIND brought Poetry Prescribed in to inspire our own creative flow. We needed to bring more fun and creative ways to get young people aged 11-16 to express their emotions and feelings. Thank you so much for sharing your gifts, talents and motivations for using poetry to express. A great tip to prevent a mental health decline and sustain a happy hobby. Thank you!" - Kaysen Asante, City, Hackney & Walthamstow MIND*

*"I have been to a few Mind Over Matter events now, they seem to get better and better! The space is so welcoming for all to share different forms of art, whatever experience(s) the group/individual has faced. The honesty of the performers is empowering. I always leave with a new outlook."*  
– Emma Campbell

*"I attended a poetry prescribed workshop at a recent conference. My initial scepticism soon turned to realisation that the poetry workshop was a wonderful means of accessing thoughts and emotions whilst stimulating discussion. The workshop was thoughtfully conducted by the poetry prescribed team who managed to engage everyone in the room. I left the session with a determination to try and work with these people again. I am very happy to recommend poetry prescribed to others."*  
- Dr Andrew Walsh, Senior Lecturer, Birmingham City University

*"A very entertaining and inspirational evening filled with some very talented acts. The whole evening was very well organised, everything flowed well and the hard work put in to bring everything together was evident. I was very moved and inspired by many of the acts that performed and I will definitely be attending the next event." – Claire Riding*

*"This workshop is full of beauty and healing, encouraging strength and forward thinking. The space, exercises and topics, are all conducive to artistic expression. Highly recommended! Thank you Poetry Prescribed for creating such an incredible workshop. Your passion is inspiring." - Aaron Daniel*

*"So diverse, uplifting, evocative and emotional. The event was raw and honest but not dark or depressing. A hard balance to achieve whilst raising awareness for such a worthy cause. Can't wait for the next one." – Oya Mustafa*

*"I've been to two of these amazing workshops and I can say the vibe is nice, everybody respects everyone in these workshops, and it literally gives people a chance to speak their truths and get bottled things up through poetry- and the best thing is it's opened to anyone!!!!" - Yasuke Lowe*

*"This was an incredibly special event for an awesome cause. Inspiring and deeply moving, the event demonstrated the bravery, resilience and creativity of each and every individual that performed."*  
- Danny Newman

*"The whole afternoon was insightful, honest, supportive, and filled with good vibes. Regardless of whether you write every day to have never written before - this workshop will and can accommodate you, whether it be through actually writing poetry or the freedom to discuss and interpret poetry. I really believe in this movement, the organisers & everyone that participates. It's a beautiful, liberating environment and I'm so glad I came across this. The timing couldn't have been more perfect! I absolutely intend to become part of the furniture and I am supporting Poetry Prescribed every step of the way!" - Chelly LeRoc*

*"This was a truly amazing event, the creative minds that came together into honest, positive and supportive space was inspirational. Raising awareness and money for cause that was close to my heart, I felt comfort and empathy in the words which were spoken. Mixed with greatly talented music artist performing, the room was electric with creativity. It has even inspired me to write poetry. Looking forward to the next event, and I have many friends that will interested to attend too!"*  
– Rachel Stringer



Mind Over Matter & Poetry Prescribed  
Young Minds Matter



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