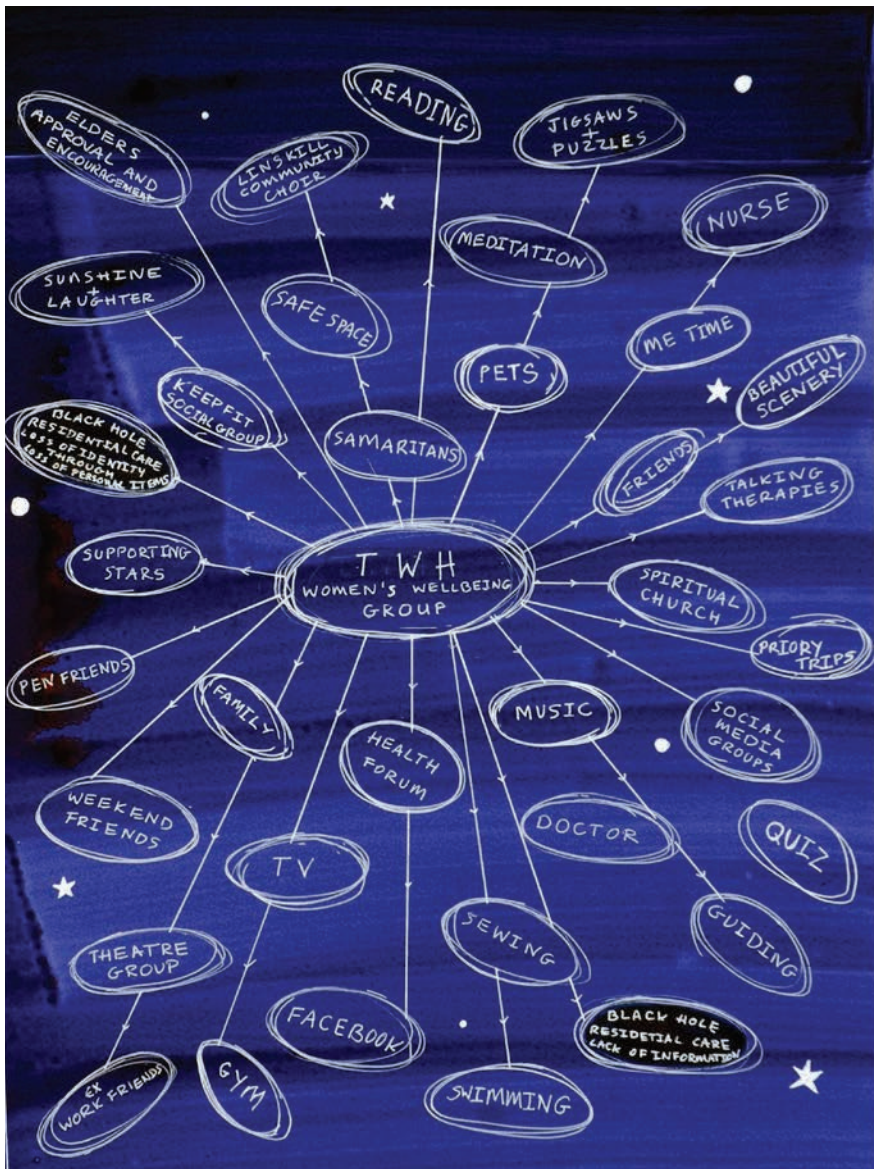




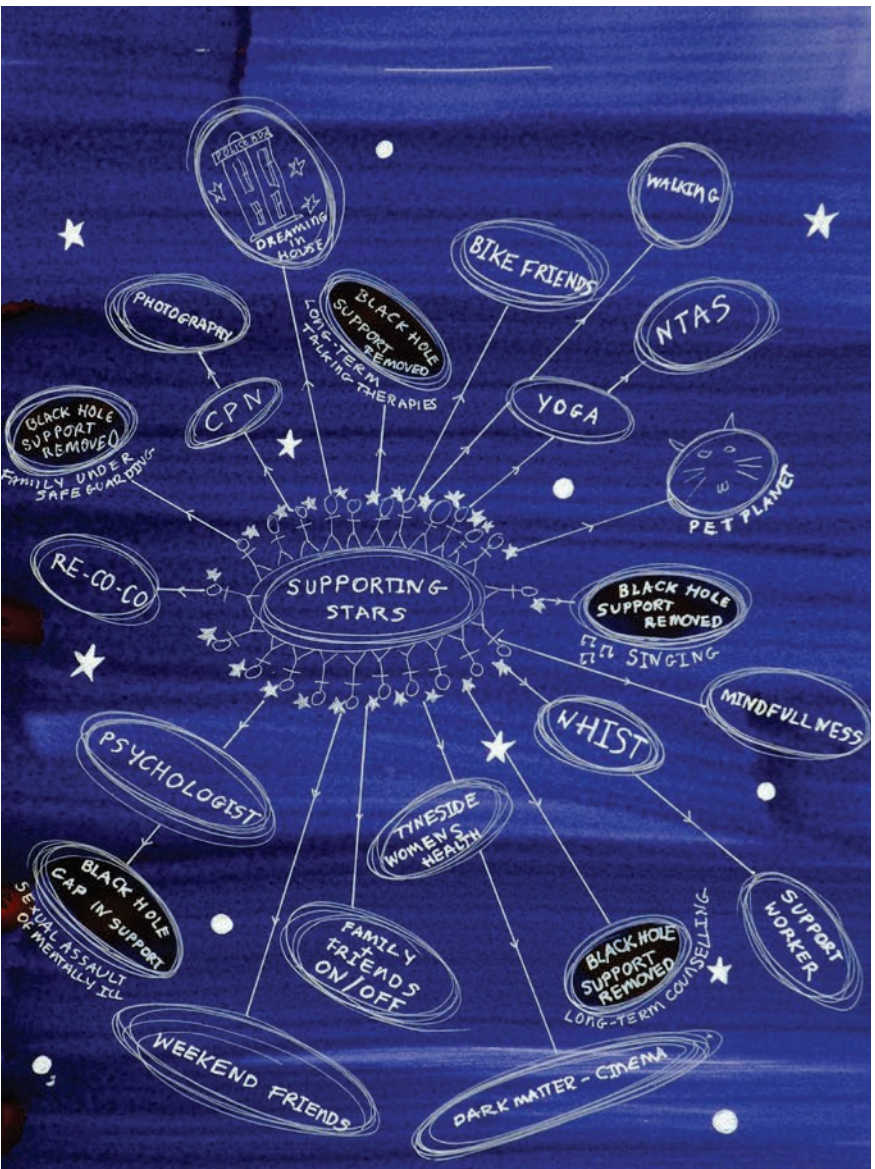
WEEKEND FRIENDS North Shields and Wallsend

"A relaxed and positive space to be amongst friends."
www.launchpadnt.wordpress.com



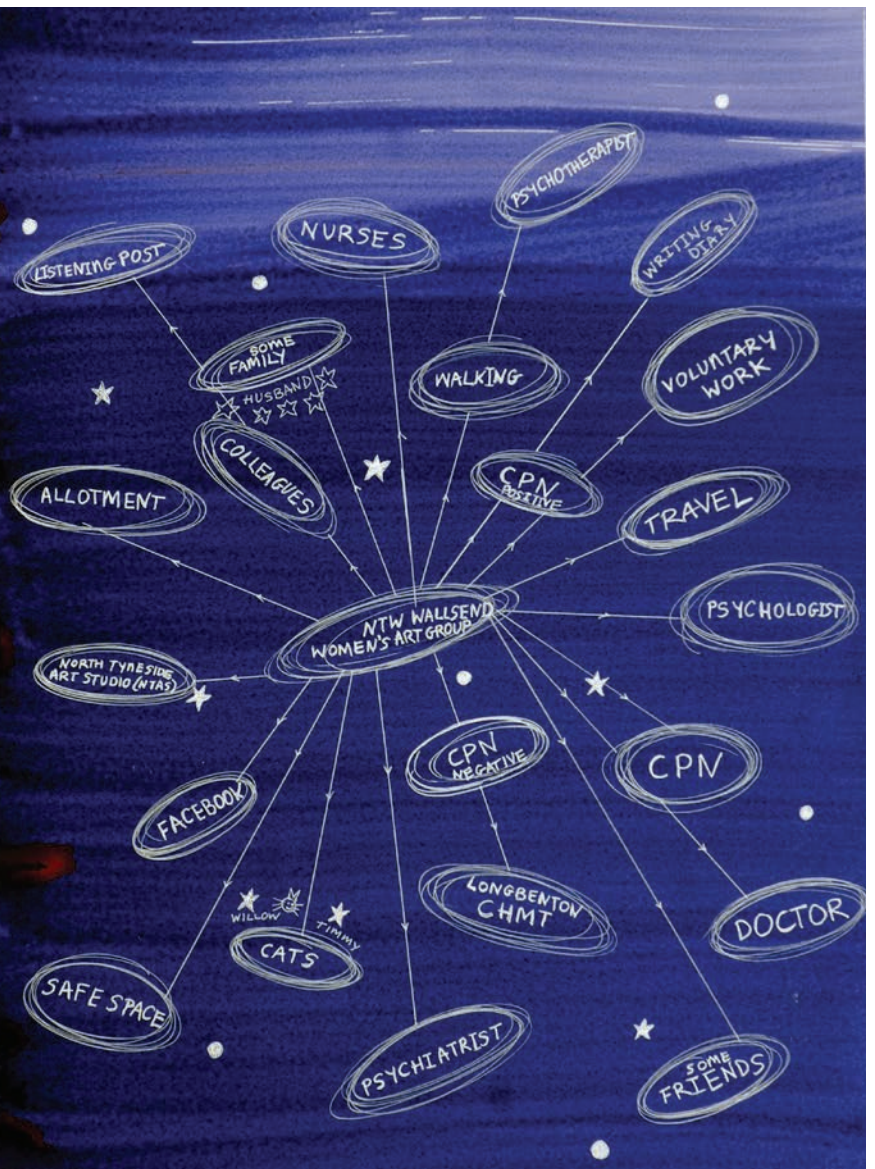
T.W.H WOMEN'S WELLBEING GROUP North Shields

"The group is a supportive group for any woman who would like to help her well-being – we do a variety of activities (and a lot of talking!) focused on our mental health needs."
www.tynesidewomenshealth.org.uk



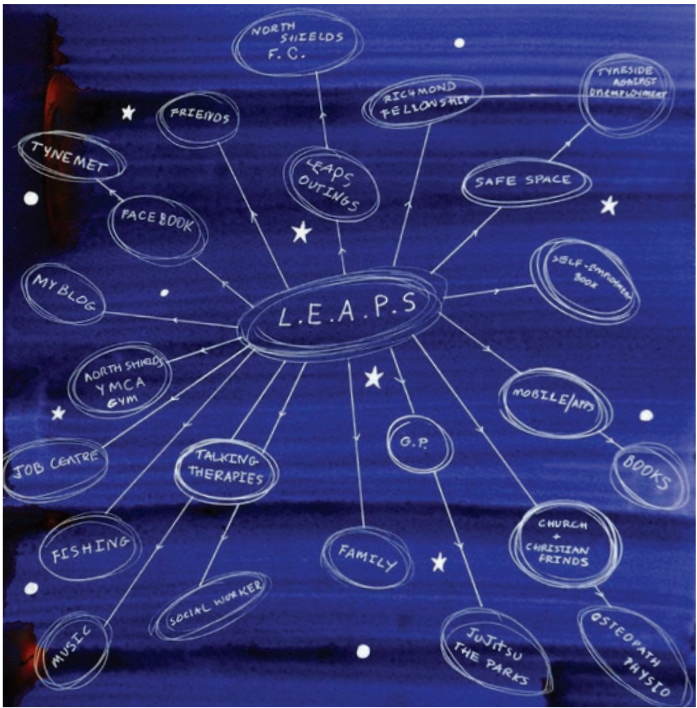
SUPPORTING STARS North Shields

"A warm and friendly peer support group, supporting each other with experiences, advice, encouragement and fun times. At Supporting Stars we shine in our uniqueness together."
weareallstars@yahoo.com



NTW WALLSEND WOMEN'S ART GROUP Wallsend

"An art group for women who use the Community Treatment Team in North Tyneside."



L.E.A.P.S

"An independent and confidential peer support group for the unwaged, unemployed and disabled in North Tyneside."

North Shields
www.leapsonline.co.uk



SAFE SPACE

"A supportive peer group that can help reduce the time you may spend on your own and build your social confidence by meeting others and develop friendships."

North Shields
www.tynesidemind.org.uk

KOSMOS North Tyneside 2017 is a participatory arts project asking, 'Where do you get your support from?' Participant's interpreted the term support in a range of interesting ways. Between April and September 2017 Beth Williams from Launchpad North Tyneside and artist Helen Smith met with over 70 people attending 9 peer groups supporting people's mental health and well-being and asked them to share their support networks, they did this via discussion and drawing workshops.

Participant's individual maps have been transformed into nine placards giving voice to "where we do and don't get our support from." As the workshops progressed, it became apparent that support could be categorised in the following ways: Group, Virtual, One-to-One and Me-Time. Support that people used to have and miss, or that they wish they had, is represented as black holes.

Collating these personal narratives demonstrates where people perceive their support to come from. During workshops many conversations have been had about how much support networks have changed, either through increasing isolation, diminished services or increased involvement in various groups and activities. The workshops facilitated a space for reflection and discussion between individuals that wouldn't have been had otherwise.

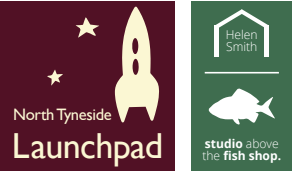
The map provides a snapshot of support for mental health and well-being across North Tyneside in 2017, it is shaped by which groups were able to participate, who was in attendance on that day and what they chose to share.

At a feedback workshop participants shared their hopes for KOSMOS, this included:

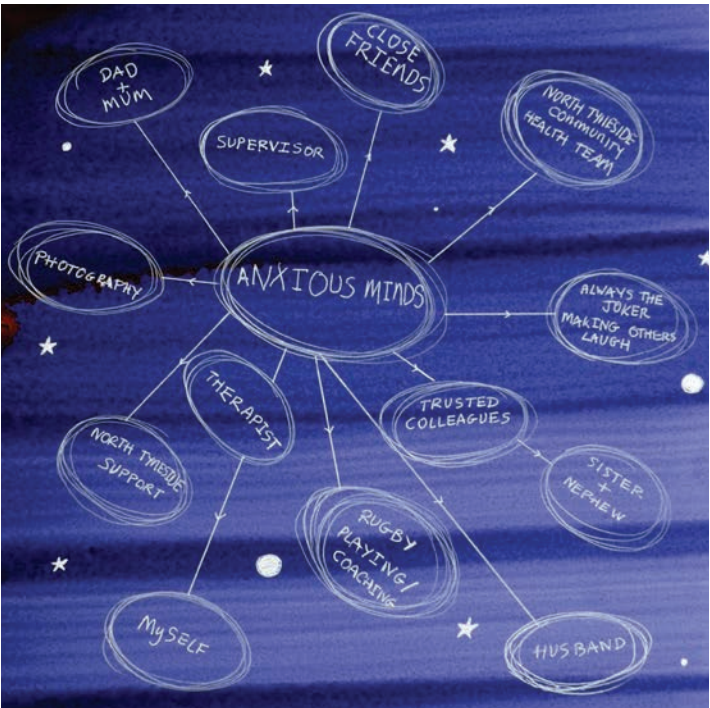
- "Make people aware of the lack of support"
- "Demonstrate how people are having to support themselves"
- "That it is listened to"

We hope that the conversations started by KOSMOS will continue to grow and develop.

Launchpad North Tyneside - www.launchpadnt.wordpress.com
Helen Smith - www.helensmith.co.uk



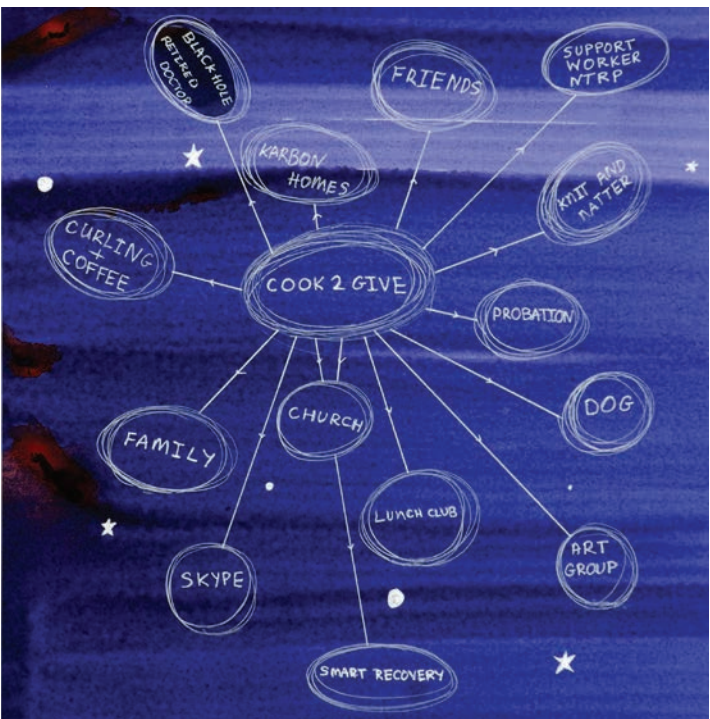
KOSMOS North Tyneside 2017



ANXIOUS MINDS LET'S TALK PROJECT

"Fighting back against anxiety and depression, stronger together."

Wallsend
www.anxiousminds.co.uk



COOK 2 GIVE

"A weekly meal available to veterans and the local community in Dudley. An excellent event to bring the community together."

Dudley
www.forward-assist.com

