

Art in the Park

The Five Senses

The Five Senses is a mindful art program held in a natural environment. It is designed to increase participants awareness and gratitude of each sense. Over the course of six weeks, our program takes a journey of appreciation through sensation using artistic activities and mediums centred on the sense of the week.

SIGHT



SMELL



TOUCH



SOUND



TASTE



Includes:

- Experienced art therapists & youth facilitators
- 2 hour guided sessions
- Variety of artistic mediums
- Healthy snack
- Afternoon sessions
- 7-11, 12-17 & 18+ age groups
- Referral acceptance by health professionals, caregivers and the participants themselves



Red Ginger Services

www.redginger.net.au

A photograph of art supplies including brushes and a bowl of red paint, set against a blurred background of a park with green grass and trees. The text is overlaid on this image.

Art in the Park

Program Format: **MAX 12 participants**

- Week 1:** **Sight** | Colour, shape and contrast
- Week 2:** **Smell** | Fragrance, odour and memory
- Week 3:** **Touch** | Texture, temperature and energy
- Week 4:** **Sound** | Music, voices and noises
- Week 5:** **Taste** | Flavour, pleasure and warning
- Week 6:** **Perception** | Individual shaped reality

TERM 4, 2017: Carine Open Space

Time: 4:00pm - 6:00pm

Wednesday November 8 - Wednesday December 13

Register Now!



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www.redginger.net.au



Art in the Park is a mindful art program which aims to improve the happiness and wellbeing of participants by engaging their creativity and imagination. Our program is centred on using a variety of artistic mediums to harness nature, express emotions and challenge negative thoughts. Our goal is to nurture participants, develop resilience and teach coping strategies for negotiating life's obstacles.

Art in the Park:

- Allows participants to engage with art and nature as a positive outlet for emotion
- Uses a range of mediums, including clay, paint, charcoal, pastels and collage
- Is a safe, fun and nurturing group environment
- Is run by experienced Art Therapists and Youth Facilitators
- Accepts referrals by health professionals, caregivers or participants themselves

The program is perfect for people who:

- Are interested in art or developing their artistic skill
- Are looking for something fun and interesting to do
- Enjoy being outdoors and connecting with nature
- Want a break from their regular routine
- Are looking for a positive channel for their thoughts and feelings
- Want support for any issues they may be facing
- Want to meet new friends
- Are looking for an alternative form of therapy



Art in the Park Information Sheet

The Five Senses Program

The Five Senses

Art in the Park - The Five Senses is a mindful art program designed to increase participants' awareness and gratitude of each sense. Over the course of six weeks, our program takes a journey of appreciation through sensation, using artistic activities and mediums centred on the sense of the week. Sessions are 2 hours in length and are held in a natural environment.

Program Format:

- Week 1: **Sight** | Colour, shape and contrast
- Week 2: **Smell** | Fragrance, odour and memory
- Week 3: **Touch** | Texture, temperature and energy
- Week 4: **Sound** | Music, voices and noises
- Week 5: **Taste** | Flavour, pleasure and warning
- Week 6: **Perception** | Individual shaped reality

Art in the Park - The Five Senses program is also available as a **Beach Experience**, where all sessions are held in a **coastal** environment.

- After school and evening sessions available
- Multiple locations offered
- 8-11, 12-17, 18-25 & older adult age groups
- Healthy snack provided
- All art supplies included
- Only \$200 per term for new clients



Art in the Park Registration Form

The Five Senses Program

Formal health diagnoses (if any):

Current medications (if any):

Allergies/special food requirements (if any):

Are there any past or existing links to mental or youth health services (e.g. CAMHS, DCP, school/private psychologist, headspace, psychiatric services)?

Describe any self-harm or suicidal ideation issues:

General INCLUSION Criteria:

Please circle

Wiling to engage in a group setting and listen to others

YES

NO

General EXCLUSION Criteria:

Please circle

Acutely psychotic, substance abuse, violent or aggressive

YES

NO

If relevant:

Referrer's Name:	Practice Address:
Referrer's Title:	
Phone No.:	Email:
Date:	Signed:



Art in the Park Participant Information Sheet

The aim of *Art in the Park* is to build on your artistic strengths and resources. Being in the great outdoors, making new friends and engaging in art activities, are all ways *Art in the Park* will help you to further develop your creativity, artistic ability, self-awareness, social skills and self-esteem.

Day to day living can be busy, confusing and tricky to manage sometimes. Many young people welcome some support in dealing with the stress. You can be part of a group that also helps to manage life with greater confidence and imagination.

The atmosphere is supportive, encouraging, respectful and fun. A variety of art materials are offered to stimulate a creative process to help you to identify and express your feelings in a group environment, (*if you choose*), and as a way to help you understand how you view yourself and others.

Participation is not based upon your level of artistic skill. The program is offered at low cost and a healthy snack is provided.

UPCOMING PROGRAMS:

Term 4 – November 2017

School Holidays – January 2018

Contact Annie Lee-Fitzsimmons at **Red Ginger Services** for more information on info@redginger.net.au or 0466 889 776



The Five Senses Consent Form

Section A - For the participant or parent/guardian to complete (if below 18 years):

I _____ agree to my child participating in the 'The Five Senses'.

1. I have read and understood the program summary, and any questions I have asked have been answered to my satisfaction.
2. I understand that my child may withdraw at any time without reason and without prejudice from the program, (please note: *Red Ginger Services* is under no obligation to issue a refund, but will consider extenuating circumstances on a case by case basis).
3. I understand that all information provided is treated as strictly confidential and will not be released by the facilitators unless required to do so by law.
4. If relevant, I agree to have my child's referring health professional kept informed of my child's progress throughout the program.
5. I agree that research data gathered for the program may be published, (and accessed by the Australian Council on Healthcare Standards for evaluation purposes), provided that my child's name, or other identifying information, is not used.

Signature: _____

Date: / /

Section B - For the participant to complete:

I _____ (write name)

1. Have read and understood the 'The Five Senses' process and intentions.
2. Agree to take part in this Mindful Art Program.
3. Understand that:
 - This program is about making me happy and helping me with any issues I may be facing.
 - I can ask questions at any time.
 - I can stop taking part at any time.
 - Photographic prints or video of me and my work may be used by *Red Ginger Services* for education, training, supervision and promotional purposes, **unless I state otherwise.**

Signature: _____

Date: / /



Art in the Park Payment Form

**Term Four
Program
November 2017**

Course Details:

The Five Senses:	6 weeks
Location:	Carine Open Space
Day:	Wednesday
Commences:	8 th November 2017
Age Group:	7-11, 12-17 & 18+ years
Time:	4:00pm – 6:00pm

Total Cost: **New Client** **\$200.00**
Please circle **2 for 1 New Client** **\$150.00 each** or **\$300.00 together**
(no GST applicable) **Existing Client** **\$300.00**

EFT: Account No.: 084 1139
 BSB No.: 302 162
 Reference: Participant's First & Last Name
 Date Transferred: _____

Cheque: Make Payable to
 'Red Ginger Services'
 Date Posted: _____

Please send completed Registration, Consent and Payment Forms to:

1. Email - info@redginger.net.au
2. Text - 0466 889 776 (i.e. take pictures of all forms with camera on phone and send as MMS)
3. Post - Red Ginger Services
 41 Hawker Ave
 WARWICK WA 6024

**Please note:
Placement only secured upon
receipt of payment.**