



Art and Soul Tribe

Services and Projects

October 2020



The Black Dog Project is a Facebook page, which is a platform to access support during both office and unsociable hours to bridge the gap between silence and therapy. Also, to help sign post individuals to appropriate local support whether that be mental health, financial, physical health, careers etc.

<https://www.facebook.com/theblackdogproject>

They also have a private group 'The Black Dog Project Community' on Facebook for those who attend the weekly chats will be added too this;

The weekly chat is via zoom using the following link;

[https://us02web.zoom.us/j/84453233977?
pwd=NXNYYWpad2dEQndSYXJ1S0gvaHNBQT09](https://us02web.zoom.us/j/84453233977?pwd=NXNYYWpad2dEQndSYXJ1S0gvaHNBQT09)

Age; 18+ for the weekly chats due to the nature of the group and some of the topics being discussed.

Please sign up here;

[https://forms.office.com/Pages/ResponsePage.aspx?
id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UMjFIR0VKNkgz
Q0E3R0I4VkFFVjROMiZLWi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UMjFIR0VKNkgzQ0E3R0I4VkFFVjROMiZLWi4u)

If you access this in a physical copy, please email meg@artandsoultribe.co.uk who will send you more information.

Alternatively search for us on social media;



Website: <https://www.artandsoultribe.co.uk/>



We have other groups which don't meet weekly but offer support.

Tribe Weekly Photo Challenge; This is where you can share photos you have taken. This can be either on a camera or a phone.

Use this link to access the group; <https://www.facebook.com/groups/tribephotoweekly>

Shoulder to Shoulder Veterans support; is a supportive space for military Veterans. To access this you must be able to tell us your last 4 and your ZAP number this is to ensure that only veterans access the space.

This will give you access to the group; <https://www.facebook.com/groups/shouldertoshoulder>



The Tribe Crafting Corner is a space for people to attend and take sometime to do their own crafts. It has a very chilled atmosphere and people can attend for a chat, in a safespace. We aim to look out for each other as part of a community. Skills swaps, show and tell, learn and grow. No crafting required, if you just wish to come along for a social visit and for company.

The weekly chat is via Facebook rooms in the group to get access use the following link;

<https://www.facebook.com/groups/3053882834708755>

Age; 13+ for the weekly chats

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UMDExWTJLMUdQQThCV1FaR1Y0TVRWSjQ5My4u>



Mums, Bumps and Babies; is a support network group for new mums and mums to be. It is ran by a qualified dooler, and one of our directors who has vast amount of life experience, around childbirth and parenting. During the sessions they talk about anything from pregnancy, birth and early years, fears around pregnancy, pain management, birth plans and breast feeding. Our facilitators are on hand to answer any questions and ready to have a open minded conversation and advice where need be. Older siblings are also welcome to the group.

The weekly chat is via zoom;

<https://us02web.zoom.us/j/83633976841>

Age; anyone who is a new or expecting mum

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFIldLoJPoMXBfKqNcz1UOFYxQ1pONEVFRUE2M0EyN1pCS0tGSjVXMy4u>



Wellness sessions; is a weekly hour where you can just take time for you, some selfcare, TLC and love!

Focusing on breathing and breath work, meditation and cymatics getting in tune with your body.

Use this link to access the session which is via zoom; <https://us02web.zoom.us/j/87817429140?pwd=Z3ErdVQ2WFJxM0RCbjlvRmsvWTErQT09>

Password is; Wellness

Age; All ages welcome

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFIldLoJPoMXBfKqNcz1UOVdUMzk3UkNLNfNQV9ZNEFGQ1VPW5Ny4u>



Welcome, I am your host Arielle Firecracker, together with my trustee partner in crime, Little Peaches we will guide you naughty nannas through the world of cabaret. With a dash of sparkle and a twinkle in our eyes we will be getting you moving and feeling good about yourself. No dance experience required. All ages and genders are welcome and you don't have to be a nanna, although this will be aimed at people 50+

Weekly session via zoom; <https://us02web.zoom.us/j/86379719278?pwd=L3JMOVVHaGg0ZzNkTjlzWXI1RkxSUT09>

DVDs of the full course will also be available for shipping from November (small fee applies for shipping and materials)

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UMeq1OTJIMUxJSEFJRlhHWIVZNk1VMFMyNS4u>



This is our private group space for all parents, carers and grandparents who are supporting a child with additional needs.

We will be sharing stories, links, tips and resources and hosting weekly video chat sessions in our 'Coffee Room' where we will discuss important topics, invite guest speakers and provide a safe space for you to vent and access the support that you need.

The weekly chat is via Facebook rooms which can be found via the following link;

<https://www.facebook.com/groups/2648777865334784>

Age; anyone who is a parent, career, or grandparent career.

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UQVVNUzhBVDYzNE1IUzgxSDIMNU1FMlhBWC4u>

DEBATES ART FUN
QUIZ MUSIC CRAFT
SAFE SPACE DANCE



Our Youth Tribe Hangout, is a virtual youth club and is split into two sessions.

Kids Club; is on a Monday at 4pm where we do, quizzes, dancing, art and craft and cooking.

Youth Tribe (YT), is on a Tuesday at 5pm where we do, a general check in for how everyone is feeling, and aim to increase confidence and improving wellbeing . We have debates around different topics, quick fire questions and finish on a rave.

The weekly hangout is via zoom;

<https://us02web.zoom.us/j/83241040566pwd=ZUhXZUpSeEVBL0FzNXlOeXNpdIFZZz09>

Age; YYT: 4-11

YT: 12-16

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFIldLoJPoMXBfKqNcz1UMzBXQUtFSUdDWjZMUEZaWEdQMVJHM1Q5MC4u>

VIBE TRIBE

The place for YOU to discover & share your talents in the performing arts, on-stage & off! Ignite your inner fire and let your soul shine:

Rock out
Shake it loose
Call the shots
Jam with the band

Find your groove
Drop a beat
Find your voice
Mix it up

Sing it out
Share your spark
Get down
Tell your story

Share your vibe — connect with your tribe!

Ages 12+ & all abilities welcome. No experience necessary, just a sense of fun & adventure.

Weekly session via zoom; <https://us02web.zoom.us/j/86528905616?pwd=STVXYndDZisvZzVWQIVNRIY1RXcxQT09>

Facebook group where you will find out what is going to be on that week;
<https://www.facebook.com/groups/3250069235058781>

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFIldLoJPoMXBfKqNcz1UMkLVEIYWUo2Q0ZEWTIMQVQ4UTIZWDFXTC4u>



Mindset Mojo is an innovative, comprehensive and universal programme designed as a result of public need.

Aligning with the five ways to wellbeing and working with the key steps in Jane's book, blended with fascinating Neuroscience, CBT & Mindfulness techniques, and the emotive power of the Creative Arts, this exciting and interactive programme will deliver inspiring, motivating and focussed information, self help tools and resources based on Leadership & Management techniques, Psychological research, and modern Eastern Mindset philosophies and techniques.

Working in fusion these elements help the user to gently identify core issues and emotional blocks that are holding them back and re-programme their mindset from negative to positive, helping them to make good choices rather than poor excuses.

A bespoke approach means that content can be delivered as a full day workshop or as a 6-12 week course including highly interactive and fun practical activities both online and in person, with take home workbooks and resources for optimum mental health and wellbeing.

As this is a private session you need to book on. Pre-Booked sessions (12-week course) ask for more information

Age; any age range

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UQIZXN0tHOE9QNzIQzNYOUhMSINIqzJSVC4u>



For beginners 6-week course, those who want to join us for practice also welcome. The facilitator will be sharing knowledge and skills with those who attend and is trained up to a level 4.

The weekly session link is send once people sign up, the current group is on week 4 of 6 so there will be a new group starting soon.

Age; Anybody

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UQjIMTUIKTDdLS1dEWjFST1ZRUEEyWUdNSS4u>



Sunflowers and Dragonflies is a network for individuals on their cancer journey, their partners, parents, families, friends, siblings, and carers. During sessions the facilitators do meditation, creative tasks and crafts, there is a lot of peer support throughout the sessions, and topics around cancer, treatment, and end of life are all discussed.

The weekly session is via zoom; <https://us02web.zoom.us/j/86885377000>

There is a support page on Facebook, you can join by clicking the following link;
<https://www.facebook.com/groups/863732254056309>

Age; 16+

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UQkFJQ01XWUkyRVBHTEFBSjdWQU80WEVHSi4u>



The DisabiliTease Community is a safe and inclusive space for people to share their accomplishments, talents, experiences and to feel validated. It's a place with no judgement as to whether your disability is visible, how much it affects you or whether or not you have a diagnosis. It is a place you can come to laugh, lift each other up, be inspired, support and be supported.

You are encouraged to share your arts, events and accomplishments. Sharing castings and employment opportunities is encouraged (but please don't spam). Please feel free to share positive experiences with travel and venues, or places we should be wary of.

Please don't feel any pressure to post or comment. You can be as involved as much or little as you desire.

This is a safe space for all genders, races, sexualities and beliefs so please respect and celebrate that.

The weekly session is on Facebook rooms which can be found via this link;

<https://www.facebook.com/groups/DisabiliTeaseCommunity>

Age; 16+

Please sign up here;

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZKPEpKG0R0u13QCVugNUZyJxFlldLoJPoMXBfKqNcz1UNFlxVFFLRUhKVkVTVks0UzdXV1k2OTdlQI4u>