

DRAMA, HEALTH & WELLBEING

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**'CHILDREN AND YOUNG PEOPLE'S
MENTAL HEALTH AND EMOTIONAL
RESILIENCE IS ONE OF THE BIGGEST
CHALLENGES FACING WALES TODAY.'**

**(CHILDREN'S COMMISSIONER FOR WALES, 2018, MIND
OVER MATTER PAPER)**

‘WHILST THERE IS LIMITED DATA ON THE PREVALENCE OF MENTAL HEALTH PROBLEMS IN CHILDREN AND YOUNG PEOPLE IN WALES, UK WIDE, IT’S ESTIMATED THAT THREE CHILDREN AND YOUNG PEOPLE IN EVERY CLASSROOM (OR 1 IN 8 OVERALL) HAS A DIAGNOSABLE MENTAL HEALTH CONDITION.’

(WWW.MENTALLYHEALTHYSCHOOLS.ORG.UK)

- ▶ **ECONOMIC INEQUALITY**
- ▶ **RURAL LIFE**
- ▶ **ADVERSE CHILDHOOD
EXPERIENCES (ACES)**

(WWW.MENTALLYHEALTHYSCHOOLS.ORG.UK)

TY LLIDIARD

AN ADOLESCENT MENTAL HEALTH WARD (IN WALES)

TY LLIDIARD



WHAT IS AN ADOLESCENT MENTAL HEALTH WARD?

- Ty Llidiard, based at Princess of Wales Hospital is a ward for young people with acute mental health difficulties from all over South Wales.
- It provides bespoke education for learners admitted to hospital.
- It is part of CAMHS- Child and Adolescent Mental Health Service.
- There is a ward downstairs and the Education Department is based upstairs.

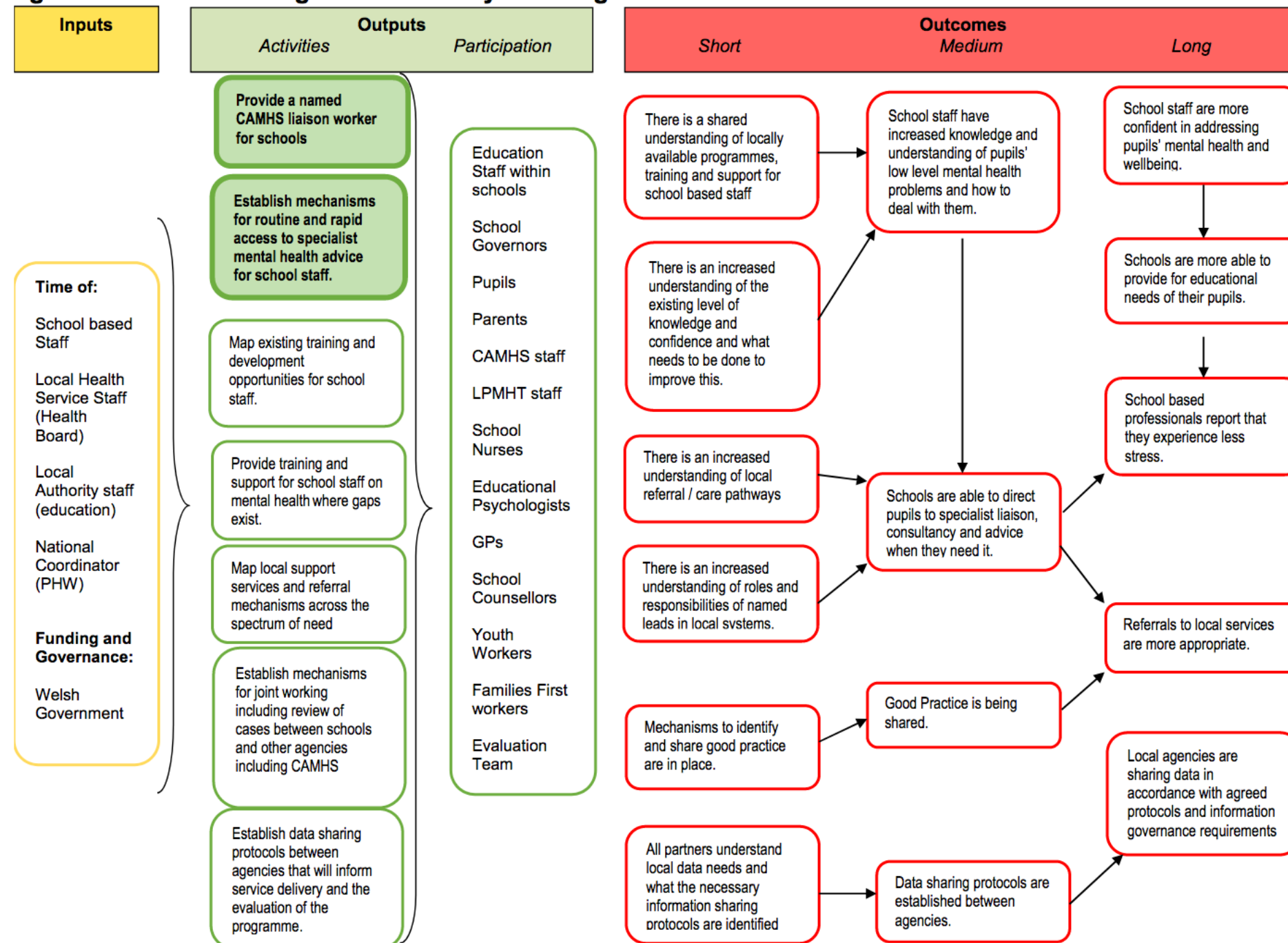
**‘TO BUILD AND MAINTAIN STRONG THERAPEUTIC
RELATIONSHIPS WITH CHILDREN [...] THIS SHOULD BE
ENHANCED THROUGH ACCESS TO A SKILLED MULTI
PROFESSIONAL TEAM ABLE TO DELIVER A RANGE OF
THERAPIES AND INTERVENTIONS TO SUPPORT
RECOVERY.’**

**(TY LLIDIARD CAMHS ACUTE INPATIENT UNIT- QAIS
SUPPORTIVE REVIEW)**

‘THE NUMBERS AND RATE OF CHILDREN REFERRED FOR TREATMENT HAS INCREASED MARKEDLY ON 2018/19. THE NUMBER AND RATE OF CHILDREN REFERRED TO CYPMHS HAS CONTINUED TO INCREASE. IN 2019/20, 538, 564 CHILDREN WERE REFERRED TO CYPMHS— AN INCREASE OF 35% ON 2018/19, AND NEARLY 60% ON 2017/18.’

(GILHOOLY. R & CLARKE. T, CHILDREN’S COMMISSIONER FOR ENGLAND 2020/21, THE STATE OF CHILDREN’S MENTAL HEALTH SERVICES, TECHNICAL REPORT)

Figure 1.1. The Pilot Programme's theory of change



THE ROLE

**‘[THE FACILITATOR] IS A PERSON WHO HAS THE
ROLE OF HELPING PARTICIPANTS TO LEARN IN
AN EXPERIENTIAL GROUP.’**

(HERON. J, 1989, THE FACILITATORS’ HANDBOOK)



Let's make some noise

VERSE
1

This is my unique speech,
A time to express and make some noise.
Around the world everyone is different,
But we all ^{have} the same rights,
No matter how rich or poor
We all stand together, and sound our voices forever.

Jump up and raise your voice
Tell us your rights
This aint anybody elses fight
Jump up and raise your voice
Now is the time for freedom of choice.

CHORUS.

Answer the phone,
now that you are never alone.
Some people have had their rights taken away
It is your time to protest

VERSE 2.

rights, rights human rights

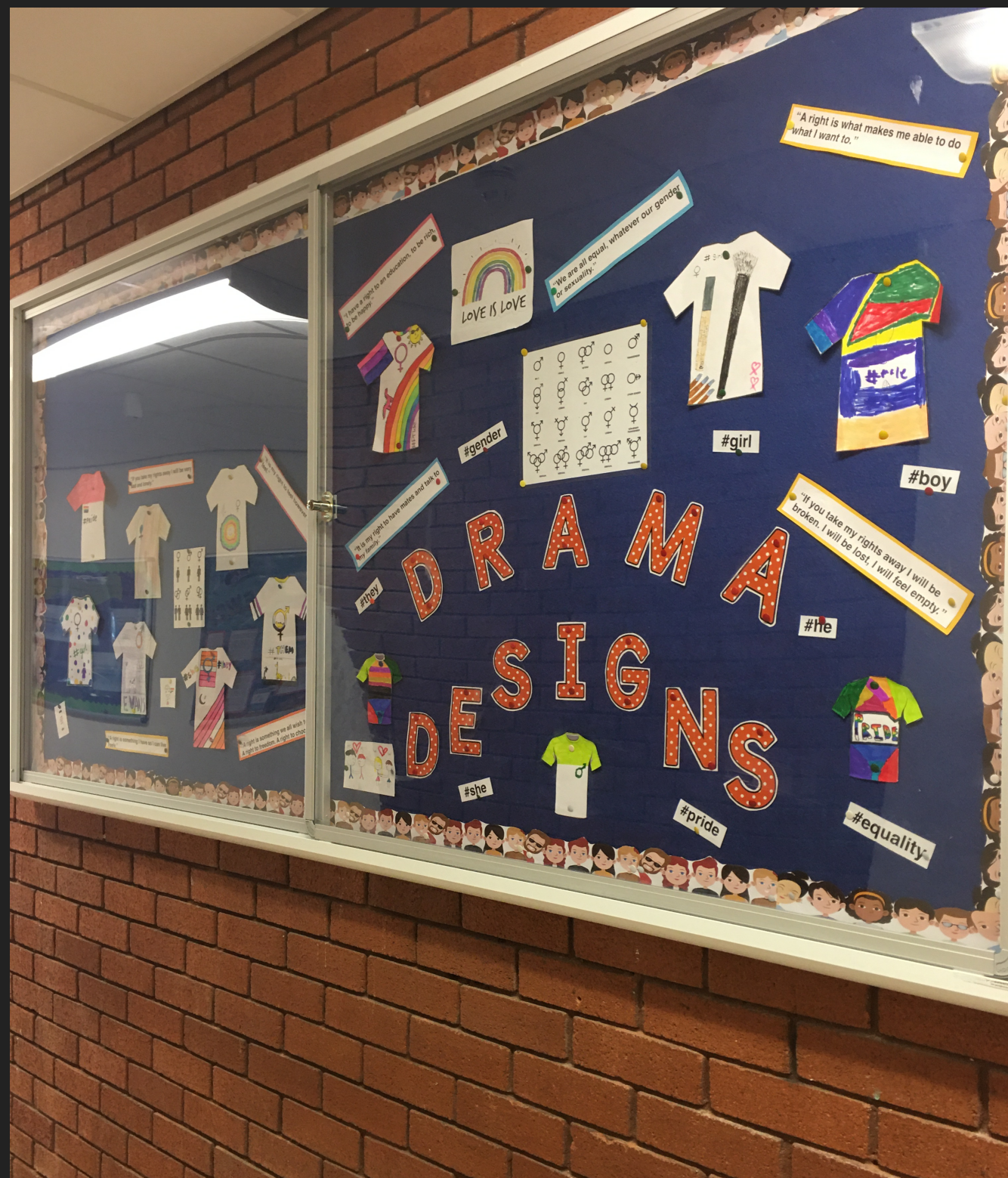
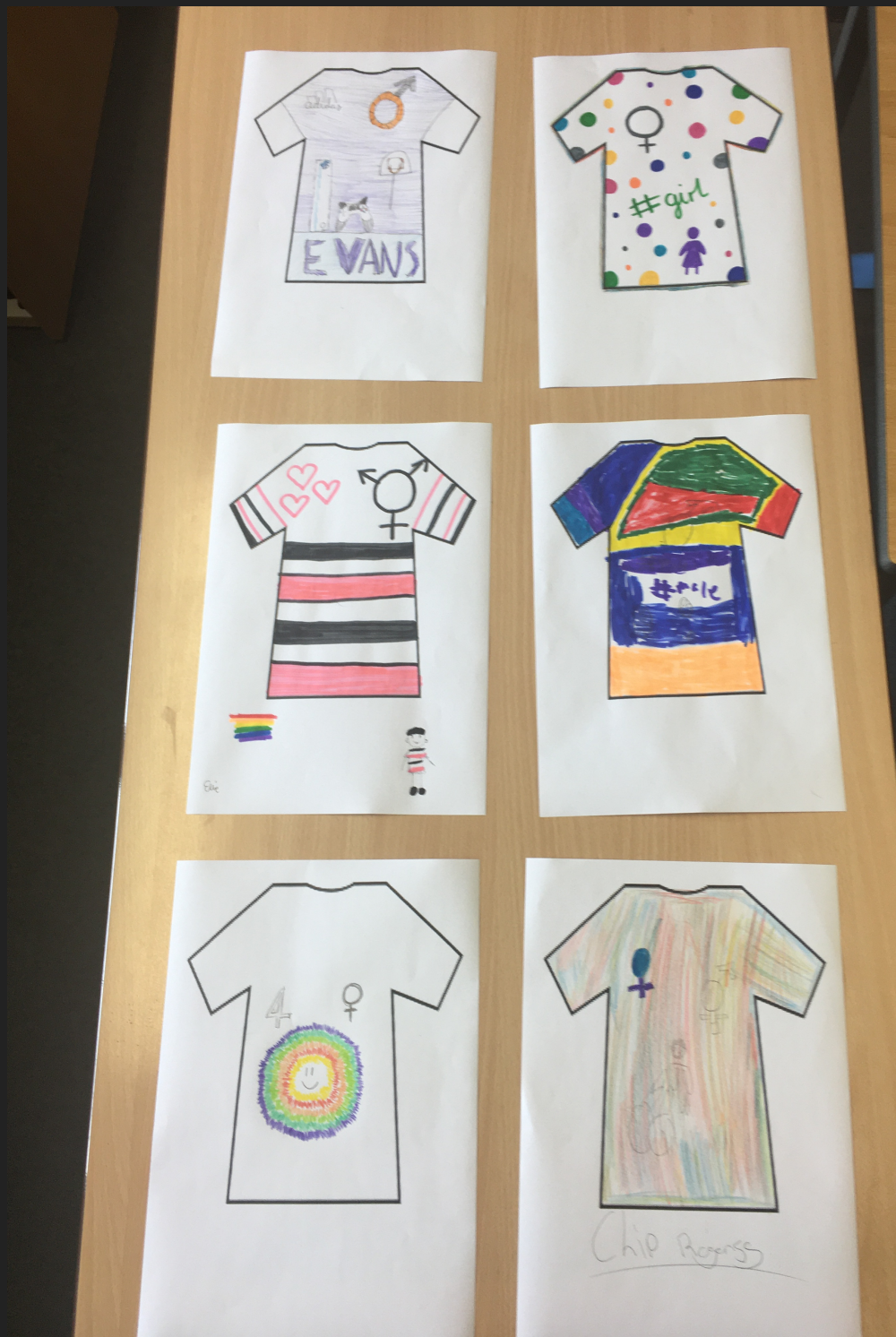
Our human rights ~~are~~^{our} freedom to fight
for things that are important to us
like keeping moving, happy and healthy
no matter if you're poor or wealthy

rights, right human rights

everyone together looking for the light
rights, rights human rights
keep going and ~~loose~~^{never} sight

today I feel angry, mad and sad
but being active could turn it around
stay hydrated or be on the ground
speak up and make a sound

rights, rights human rights
everyone together looking for the light
rights rights human rights
keep going and never loose sight



AIMS & OBJECTIVES

TO GET THEM IN THE ROOM
TO GET THEM TO STAY IN THE ROOM
TO GET THEM TO TALK
TO GET THEM TO PARTICIPATE



ADAPTING

Date		Group	
Start Time	1	Finish Time	3
Location	Ty Lliard	Staff Attendance	MM
Aim of Project			
Working as an Applied Theatre Practitioner at Ty Lliard			
Session Objectives			
A	To get to know one another.		
B	To play introductory games.		
C	For all students to participate in the workshop.		
D	To gain feedback from students.		
Workshop Plan			
Time	Activities	Lead worker	
10 Mins	Grounded Circle - Names - Expectations (Behaviour) - Experiences of Drama, Workshops, Creativity	MM	
10 Mins	Name Circle - Sequence	MM	
10 Mins	The Sun Shines On...	MM	
10 Mins	7Up	MM	
10 Mins	Individually draw a portrait, eyes closed Pair Work: Share Portrait, discuss Label Portrait	MM	
10 Mins	Free writing - I am - I love - I hate	MM	
5 Mins	Spotlight discussion followed by feedback.	MM	
Materials / Equipment required			
Music, Ball, Paper, Pens			
Notes			
Support Information			
What support or adjustments have you made to this session to enable participants to participate fully?			

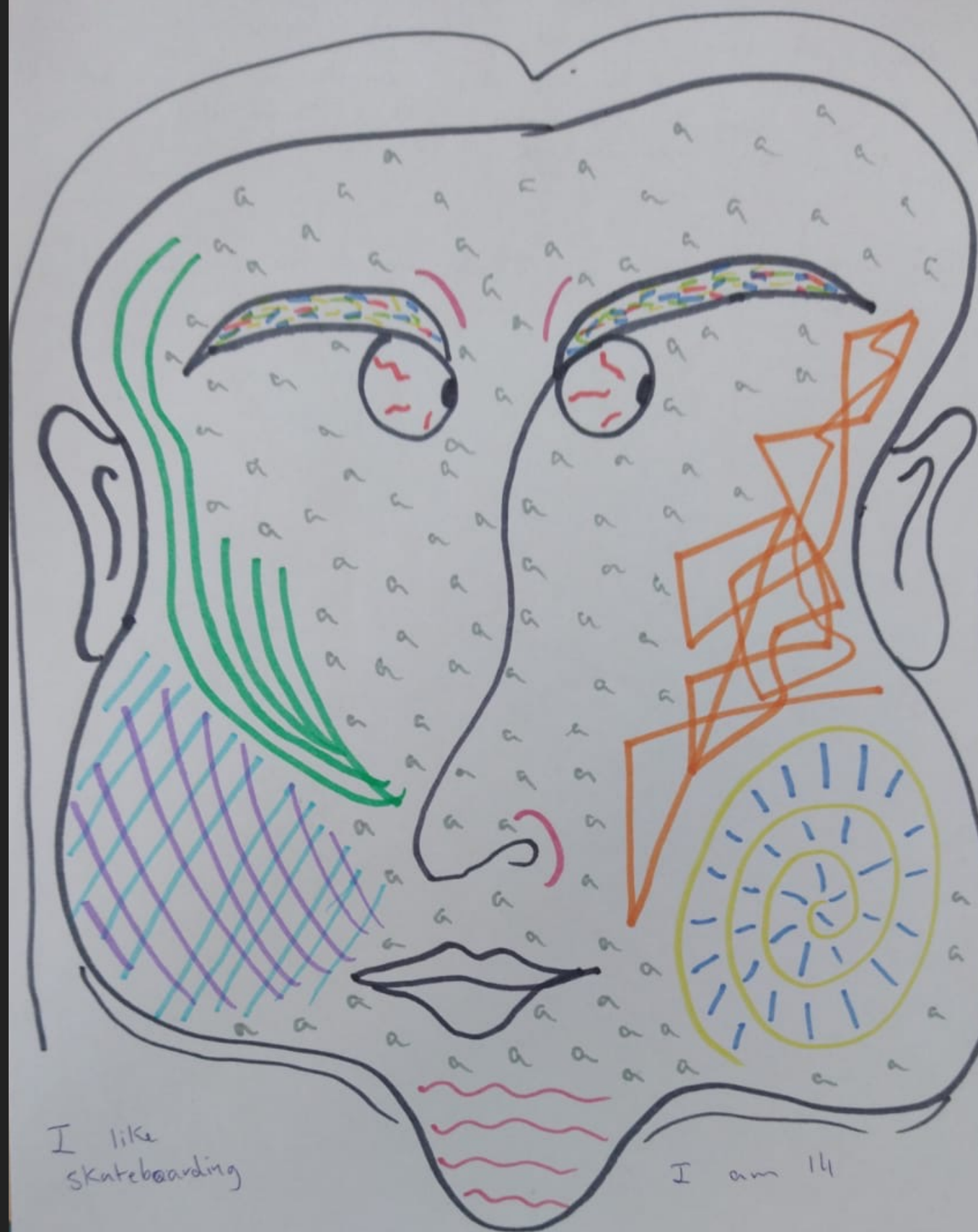


**‘THE KEY TO FACILITATION [...] IS GREAT
FLEXIBILITY OF STYLE IN MAKING
EDUCATIONAL DECISIONS.’**

(HERON. J, 1989, THE FACILITATORS’ HANDBOOK)

SILENCE

REFLECTION



I like
skateboarding

I am 14

I'm From
Cardiff

I am a cowboy. Not a cowboy a cowgirl like the sheriff of the town I don't have any rules because I'm the sheriff. There's an album by mac demarco called here comes the cowboy and tyler the creator has a song called cowboy. I haven't listened to music in ages though but they are good. I want a horse to ride. There's a beatles song called ticket to ride which reminds me of granddad. He used to be a hippy in the sixties I think. Maybe that's how he met grandma. ~~I am~~ She has a crush on Bradley Walsh.

I love going to the beach. It reminds me of the summer and that's when my birthday is.

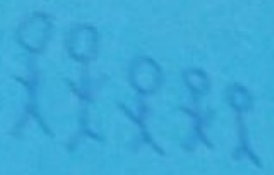
17/9/22
I am...

literally the ugliest, most unlikable person ever. I don't know how anyone could ever look at me. I must disgust everyone. Why couldn't I be pretty, good enough, popular!? Everyone hates me, they tell me, Everyone thinks I'm weird like I'm a monster. I don't want to be a monster. I wish to be anyone but me, living in my body makes me want to die every day. Why am I like this, I'm broken...

I love...

My dog, he's so playful and gives me the most kisses possible. I play with him often, he's so great. He never judges, so I tell him everything which is kind of weird but I trust and love him. He's my little Blue boy. It's amazing how he listens and comforts me, I love it when it's instead of me taking him for walks it's him trying to cheer me up!

17/9/20



fat
family



running

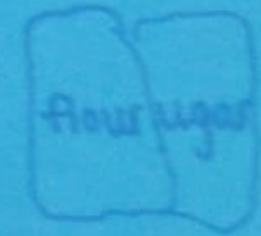
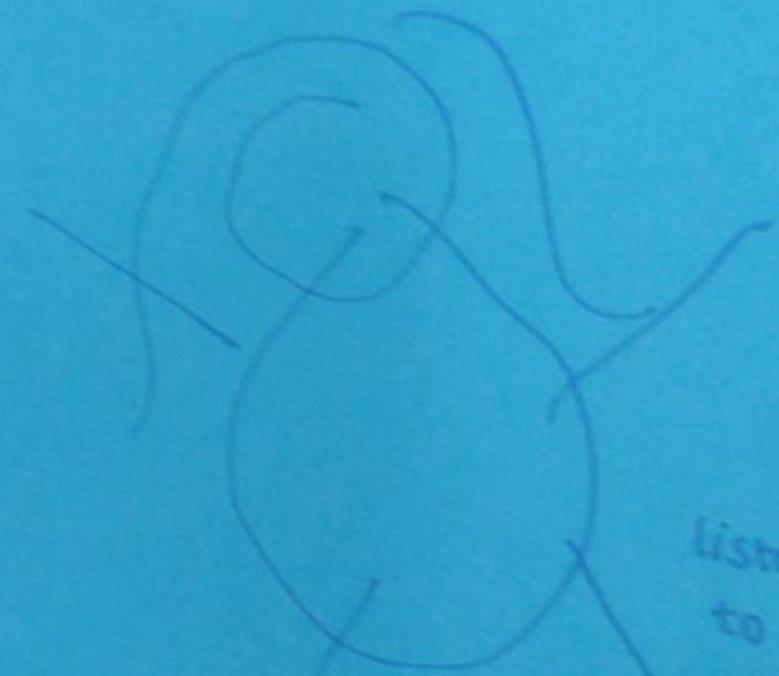


walking

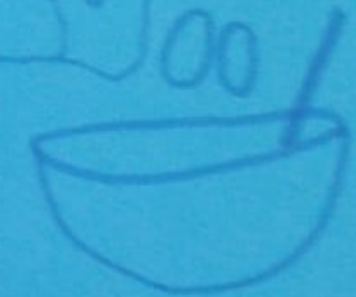
Shopping

nike	bershka	H&M
□	□	□

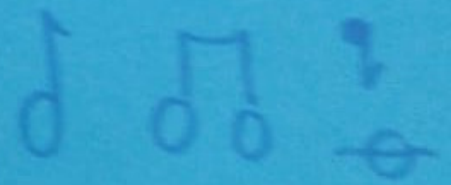
sparty



cooking



listening
to
music



playing
hockey

17/9/20

I am...

I am a very sporty person and I enjoy playing and watching many sports. My favourite is hockey when my position on the team is centre forward. I am also a runner and do athletics and I run 1500 meter. I am part of a family and I enjoy going on walks with them. I am a baker and I like cooking. I am outgoing and like going out with my friends. I am fat.

I love...

I love hockey more than anything. I love being there out on the pitch and I love playing. I love all sports and I love running. I love my friends and family and I love going out. I love walks in the park. I love the beach and swimming. I love paddle boarding and I love the summer.

I hate...

I hate my body image and I hate the way I look. I hate my stomach because I am fat. I hate being stuck here and I hate it when people don't listen to myself. I also hate losing because I am very competitive. I hate cheese.

'THE ASSUMPTION OFTEN LURKING WITHIN THE 'APPLIED' IN APPLIED THEATRE IS THAT THEATRE (ASSUMING GENERAL AGREEMENT ON WHAT THAT IS) IS BEING ATTACHED TO SOME OTHER ACTIVITY AS A BANDAGE MIGHT BE APPLIED TO A WOUND.'

(PRENTKI. T & PRESTON. S, 2009, THE APPLIED THEATRE READER)

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