

## Activity Benefits Table

	Poetry	Drama	Photography	Visual Arts	Web Design	Product Design	Batik Workshops	Exhibiting	Yoga	Drumming	Walk Project	Performing	Social Events	Volunteering in Workshops	Volunteering in the Office	Volunteering Miscellaneous
Anger management									◆	◆						
Teamwork						◆	◆	◆						◆		
Safe experiment		◆		◆						◆		◆				
Catharsis	◆								◆							
Talk in a group	◆	◆											◆			
Out in the world			◆								◆		◆			
Work related skills			◆		◆	◆								◆	◆	◆
Destigmatising					◆			◆			◆	◆				
Life skills				◆			◆								◆	◆

We are proud to have as Patrons: Maggi Hambling, Sokari Douglas Camp, Ali Smith and Clare Allen