



**WISE UP Workshops CIC** provides an inclusive community using various art forms to promote health & well-being, to learn life skills, to build resilience and to build confidence in individuals of all ages and all abilities.

Our vision is to create a vital support network and a space where everyone has the same opportunities, where everyone is equal and feels valued whatever their background.

**WISE UP** gives individuals the space to use their creativity and to feel empowered. We believe in what people **CAN** do in this world together with **EVERYONE**.

Our team of professionals and volunteers have a passion for helping people of all generations, we follow the wise up wishes and we are all trained in listening skills. We offer a positive and welcoming atmosphere using theatre skills, movement, creativity.

The **WISE UP** programme is flexible and often changes to suit the needs of the people who attend.

It's simple- We listen to 'what people want and need' to enable people to grow.

**'INSPIRING INDIVIDUALITY THROUGH CREATIVITY'**

*January 2023*



*Signed Emma Wareing Ann Angus updated Oct 2024*

*Review October 2025*