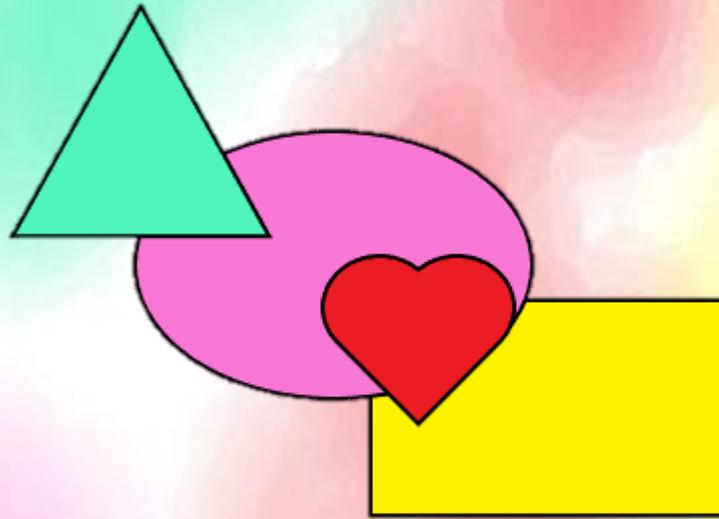


# Kinlochlovin'



## About

Kinlochlovin' is a constituted Social Enterprise and OSCR registered charity (SC046213) which was set up in 2015 to support children and young people to participate in enhancing activities to promote health and wellbeing, social inclusion and social justice. We believe that children and young people are incredible and deserve to be provided with the most personalised and supportive experiences we can provide. We started off in a small classroom in Kinlochleven High School and now have two of our own premises in South Lochaber. We have a workshop in Kinlochleven and a Creative Hub in Ballachulish.

We provide access to both free creative workshops on a weekly basis as well as regular life experiences and opportunities, such as supporting theatre trips and sports activities. By engaging with Kinlochlovin' young people will be supported in their development of enterprise, self-sufficiency and independence. This enables them to become effective contributors in their own community with validated feelings of self-worth and confidence.

We currently work with people of all ages by providing free and low-cost activities to support and help our community be more sustainable and proactive in addressing mental health. As a non-profit organisation all funds are invested back into covering our running costs. We strive to offer free services through funding as much as possible and are very grateful to those who help us to keep going.

## Currently we are able to offer:

- Creative Youth Workshops
- 1:1 Therapeutic Play Sessions
- Adult Art Classes
- Family Art Sessions
- Creative Kids Parties



## **Anna McBride**

Anna is our CEO and one of our founders. She juggles a lot of Kinlochlovin' responsibilities including running all the 1:1 therapeutic play sessions. Anna is a teacher with more than 15 years' experience of working in Secondary Schools in Scotland and internationally. She became interested in expanding young people's opportunities to support their health and wellbeing. She recognised the benefit of extra-curricular activities on a young person's mental health and the complimentary effect it can have on their education and so aimed to put it into action.

Anna runs our 1:1 Therapeutic play sessions and is a qualified 3-18 Additional Support Needs teacher as well as a Therapeutic Play Practitioner. She has postgraduate qualifications in Inclusive Education and Play Therapy meaning she is able to provide a very holistic approach to 1:1 support.

Anna is also an adoptive parent of two children and recognises the emotional challenges that come with supporting young people through trauma and a wide variety of life experiences. She is passionate about providing personalised support to young people to enhance their potential to be the best they can.



## **Lilli Rochford-Smith**

Lilli is our Creative Director who leads our sustainable business activities and acts as the lead sessional worker for all the youth and adult workshops. Lilli is an arts graduate from the University of Bournemouth who as well as working for us runs her own business called Discover & Draw. She is a freelance illustrator and designer who specialises in pencil and pen drawn design. Inspired by the natural environment of the Scottish Highlands and its benefit on mental health Lilli embraces its impact in her work. She is an adventurous and highly creative individual and her passion for the arts and its impact radiates in her workshops.



## **Creative Youth Workshops**

There are currently 3 youth groups with free weekly sessions.

Minis : Arts & Craft for new-borns to Primary 3.

Juniors : Arts & Craft for Primary 4 to 7.

Seniors : Creative workshops for High School aged students.



We also run additional low-cost sessions at weekends and in school holidays.

Check our Facebook for current activities, times, and costings.

## **Adult Art Classes**

Adult arts and creative classes currently happen at the Ballachulish Hub mostly at weekends and evenings. Classes are based on watercolours, sketching, crochet and sewing.

Check our Facebook for updates.

The classes are low-cost, and we are happy to try and add additional interests.



## Family and Group Art Sessions

These are 2 hours of fun team building and imaginative sessions led by Lilli. They can be adapted to be therapeutic with the addition of play materials and sessions which would be led by Anna with Lilli's support and extended to a half day. These sessions are held in the Kinlochleven workshop and can be one off or regular. They are based on expressive painting and all materials are included with families being able to take home their creations. Costings are based on up to 5 attendees' however additional members can be added for £10pp.

### Costings

Fun family session led by Lilli - £70

Therapeutic Family session led by Anna £ 110

Sessions can also be personalised and themed for larger youth and sports groups as well as corporate events. Please get in touch for further details and costings.



## Creative Kids Parties

Kids parties for up to 10 can be held at the Ballachulish Hub (90 minutes). The costing includes the choice of two art activities led by Lilli or Anna. All materials are included, and the activities can be personalised to individual parties. Party gifts and snacks can all be included.

### Costing

Party for 10 including materials. £80

Party for 10 including materials and party gifts. £120

Party for 10 including materials , party gifts and snacks. £150



## 1:1 Therapeutic Play sessions

Play therapy aims to help young people alleviate their emotional, behavioural, and mental health problems. Play is a child's natural medium of self-expression and is essential for development. The 1:1 Therapeutic play sessions provide a safe and accepted space for young people to 'play out' their feelings and problems whether it be conscious or unconscious. The sessions have a therapeutic aim and are delivered in accordance to PTUK guidelines based upon Virginia Axline's approach. Axline is a well-known psychologist who developed nondirective therapeutic work in the 1940's based on Carl Rogers person centered approach. She published Dibs in 1964 and it inspired play therapy training across the world.

Play Therapy is based on the development of a child's brain and the therapeutic play acts as a 'brain sculptor' calming the amygdala and aiding the release of opioids and oxytocin. This enables young people to feel calmer, accepted, safer and have a deeper sense of wellbeing. With these feelings a child and young person becomes able to process and regulate their own emotions. No matter how challenging the feelings may be the play therapy gives an opportunity for them to develop their own resilience and coping skills. Sand, puppets, painting, water, music, and clay are some of the types of items which are used in the play therapy toolkit. There is a private playroom in the Ballachulish Hub but Anna can also travel to deliver sessions.

Some of the benefits of therapeutic play have been evidenced to be:

- Improved peer relations
- Rise in emotional wellbeing and prosocial behaviours
- Decline in behavioural issues and hyperactivity
- Improved school attendance

### Costings

Block of 12 1:1 Therapeutic Play Sessions for a single child. £480

Block of 12 weeks full day School Sessions with a maximum of 5 children. £1920

Block of 12 weeks half day School Sessions with a maximum of 3 children £1200

*Block bookings include an initial consultation meeting and a review.*



## Support Us

Follow us on our social media channels for updates at @kinlochlovin and subscribe to our YouTube channel Kinlochlovin Live.



We have an Etsy Shop with all profits from purchases being invested back into our free youth activities and running costs.



We can accept donations via the PayPal donate button on our website.



## Contact Us

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