Sound Minds Personal Aims

Aims and Objectives

Below is a table that outlines some possible objectives to be met by Sound Minds services, offered as an aid to busy professionals. This is by no means a comprehensive list and of course most importantly it's down to the individual to identify their own aims.

Arts Participation

- To gain confidence and self esteem through art/music/film/theatre/writing that is valued in a wider community context
- To advance my work through contact with arts professionals
- To learn how to work with others and improve my ability to relate to other people
- To communicate my own experiences through art/film/music/theatre/writing to my peers or the wider public through performances, /events/films
- To use my art/music to further understanding of the human condition
- To access the facilities/equipment/materials to practice my skills
- To enjoy and learn more about myself and my own creativity from others
- To make friends and improve my social life
- To identify, use, value and develop my talents and creativity
- To refine my artistic communication skills
- To be confident that I can learn new creative skills and techniques at a pace that suits me
- To use arts activities to help people understand more about mental health
- To grow within a safe and encouraging context for creativity and interaction
- To take responsibility for giving support and advice to others.
- To receive support and understanding from others who accept my experiences and make allowances for times I'm not feeling too great
- To feel respected and understood.
- To help me to develop a meaningful structure to my week.
- To be assured that if things start to go wrong for me, there are people around who can make sure I will receive the help I need.
- To get more from my life by learning from other people who have been through similar experiences

- To learn skills I will need for the future beyond Sound Minds
- To take advantage and enjoy the creative opportunities, events and arts projects that Sound Minds creates
- To help me to identify and prepare for employment/ self employment/ volunteering in the creative industries
- To be part of the creative and community life of Wandsworth

Support for Employment or Volunteering

(Management Committee and Canerows)

- To gain experience of managing an organisation
- To learn about budgeting, cash flow, personnel issues and employment law, health and safety etc.
- To learn how to work under direction and supervision
- To learn about project management
- To learn how to run and contribute to a business meeting
- To feel valued by others
- To learn how to motivate and communicate with others
- To learn how to make decisions as part of a team
- To have the chance to practice my existing skills to the benefit of others
- To gain the satisfaction of having contributed to the good work of Sound Minds
- To be valued by wider society through contributing to the greater good.
- To help me to identify and identify my strengths and talents in this field
- To help me to prepare for committee work in other fields
- To help me gain experience that will help me in future employment as a trustee and/or company director
- To help me to develop a meaningful structure to my week.
- To make friends and improve my social life
- To learn skills I will need for the future beyond Sound Minds
- To help me to prepare for employment in the creative/care/peer support industries

Support for Employment or Volunteering

(Canerows Teaching, Teaching Assistant, Niche Volunteering)

- To learn and practice teaching and training skills
- To learn about budgeting, cash flow, personnel issues and employment law, health and safety etc.
- To learn about project management
- To learn how to work under direction and supervision

- To learn how to motivate and communicate with others
- To improve my self esteem and confidence with other people
- To learn how to make decisions as part of a team
- To feel valued by others
- To help me to develop a weekly routine and otherwise organise my time
- To help me to identify and identify my strengths and talents in this field
- To prepare for future teaching or training roles
- To make friends and improve my social life
- To receive support and understanding from others who accept my experiences and make allowances for times I'm not feeling too great.
- To gain the satisfaction of having contributed to the good work of Sound Minds
- To have the chance to practice my existing skills to the benefit of others
- To learn skills I will need for the future beyond Sound Minds
- To be rewarded financially for my work
- To help me to prepare for employment in the creative/care/peer support industries

Support for Employment or Volunteering

(E.G. Arts Volunteering Roles, Workshop Facilitation)

- To learn and practice teaching and training skills
- To learn how to work under direction and supervision
- To improve my self esteem and confidence with other people
- To learn how to make decisions as part of a team
- To feel valued by others and those I work with
- To have the chance to practice my existing skills to the benefit of others
- To achieve a sense of satisfaction at having furthered someone else's creative aspirations.
- To be rewarded financially for my work
- To have the satisfaction of having contributed to the good work of Sound Minds
- To make friends and improve my social life
- To help me to develop a meaningful structure to my week.
- To receive support and understanding from others who accept my experiences and make allowances for times I'm not feeling too great
- To learn skills I will need for the future beyond Sound Minds
- To help me prepare for employment in the creative industries/elsewhere

Courses

(Accredited and Unaccredited)

- To gain confidence and self esteem by learning new skills and techniques
- To learn how to work with others and improve my abilities to relate to people
- To access the facilities/equipment/materials to practice my skills
- To improve how to communicate my own artistic vision
- To enjoy my own creativity and that of others
- To learn skills I will need for the future beyond Sound Minds
- To make friends and improve my social life
- To help me to develop a meaningful structure to my week.
- To identify, use, value and develop my talents and creativity
- To refine my skills of artistic communication
- To feel confident learning within a safe and encouraging context that is flexible enough for me when I'm not feeling too great
- To be assured that if things start to go wrong for me, there are people around who can make sure I will receive the help I need.
- To get more from my life by learning from other people who have been through similar experiences
- To help me to identify and prepare for employment/ self employment/ volunteering in the creative industries
- To gain transferable skills in ICT

General

- To feel that my culture is accepted, valued and celebrated by people around me
- To feel safe in a positive and creative environment
- To make friends and improve my social life
- To influence how Sound Minds services develop and improve
- To help influence and improve people's experiences of mental health services locally
- To make a contribution to the success of a user led organisation. To help me to develop a meaningful structure to my week