



Are you interested in exploring how poetry and spoken word can influence societal change?

“Beyond the Stigma” will bring together young South Asian women from across Sandwell to design and lead a social media campaign that will challenge the stigma that surrounds mental health within their communities and encourage others to engage in the online conversation.

As part of the project Changing Our Lives will facilitate a series of virtual creative workshops with award winning poet and spoken word artist, Shareefa Energy (www.shareefaenergy.com), to explore how the arts can be a powerful way to share experiences and challenge myths. The workshops will support self-expression and celebrate inner strength and value, giving young women the opportunity to explore ideas and develop their own writing and creative work to share in the campaign. To hear Shareefa speak about the project, head over to our YouTube channel: <https://www.youtube.com/watch?v=PJWjW4TlJaI>

In 2021, a Poetry Slam in the heart of the community will officially launch the campaign and share the creative work of the young women involved. The work of young women will also be produced in a digital book of poetry.

To be involved with the project, you must live in Sandwell, be between the age of 14 and 25 and identify as being a South Asian woman.

To express your interest, please fill out the online form by clicking this link: <https://forms.gle/S75ubzswEeFurtbG6>

If you have any further questions about the campaign or need any support with filling in the online form, please get in touch with Georgia at: georgia@changingourlives.org