



**The Sub-Sahara Advisory Panel & Jukebox Collective:  
Online Wellbeing Workshops**



**WELLBEING  
WORKSHOPS**  
DEC 2020 - MAR 2021

A FREE SERIES OF CREATIVE SOCIAL SESSIONS EXPLORING MENTAL HEALTH, INCLUDING AFRO-DANCE, DRAMA, WRITING & MORE!

JUKEBOX COLLECTIVE



**We're excited to announce a series of online wellbeing workshops, designed to explore mental health & wellbeing through a creative programme of dance, drama, writing & more! Join us to explore something new, build your creativity, or connect with others.**

*Why are we introducing a series of Online Wellbeing Workshops?*

As we are slowly coming out of lockdown, many will remain at home till it's safer for everyone. Doing so means increased isolation and mental health issues as we continue to stay indoors with little to do. To address this, Jukebox Collective and SSAP are teaming up to deliver an exciting series of creative sessions around mental health. The experience of the pandemic and lockdowns have taken their toll on everyone, and we're passionate about the positive impact creativity can have on wellbeing.

Over the next four months, we're running six digital social sessions designed to get you connected, enjoying yourself and exploring your creativity - from Afro-dance, to creative writing, drama & more! Workshops will be free to attend and will run from December 2020 - March 2021, led by an inspiring line-up of guest tutors.

*About Jukebox Collective and The Sub-Sahara Advisory Panel*

Jukebox Collective is a community-rooted, youth-led collective which aims to diversify audiences, reach new attendees, break down barriers and encourage people from all backgrounds to make the arts part of their lives.

The Sub-Sahara Advisory Panel (SSAP) is a network of African diaspora groups in Wales who believe in sharing knowledge and empowering the community whilst encouraging an open, inclusive and collaborative space.

SSAP is working with the North Wales African Society (NWAS) to deliver the 'Jamii Project' in Cardiff (South Wales) and Bangor (North Wales). "Jamii" means "community" in Africa's most spoken language- Swahili. The project seeks to foster community spirit and aid individuals with managing the effects of the pandemic by improving health & wellbeing. As Jukebox Collective has years of experience running empowering creative programmes for communities, we have decided to team up with SSAP and get involved with the Jamii Project.

*How can you get involved?*

Our first workshop is a Drama Workshop with Bethan James on Saturday 5th December at 10-11:30am. This workshop is for young people with an interest in drama, you'll be focusing on creating characters using body language and facial expressions. To sign up, please email [classes@jukeboxcollective.com](mailto:classes@jukeboxcollective.com) or dm us on any of our social media platforms. We can let you know all the details and help you set up your Zoom account.



**DRAMA  
WORKSHOP**  
WITH BETHAN JAMES

A FUN CREATIVE  
SESSION EXPLORING  
DRAMA AND WELLBEING

5 DECEMBER  
10-11.30AM  
ZOOM

JUKEBOX  
COLLECTIVE



SSAP