

# Project Dare

The LGBTQ+ Dare Sessions 2019: dare your way to confidence, self-compassion and a positive body image.

*Key course information and how to register your interest to take part in the course*

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## Eligibility

To take part in the LGBTQ+ Project Dare sessions you must identify as being part of the LGBTQ+ community and also be either:

- a current or recent (within the last six months) South London & Maudsley NHS Foundation Trust (SLaM) **service user** or
  - a **carer** of someone who uses SLaM services (currently or within the last six months). N.B. By 'carer' we mean in a personal capacity (i.e. family member, partner, friend etc.) not in a professional one.
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## The course

Project Dare in partnership with South London and Maudsley Recovery College are running a body confidence/body image course for the LGBTQ+ community. We have been awarded Health Innovation Network funding to see if our award-winning Dare Sessions workshops can benefit the LGBTQ+ community.

The course employs drama, theatre and a variety of practical activities that explore body image, practice self-compassion and nurture self-esteem. These all-practical workshops aim to chip away at the body image insecurities of participants and to support 'Darers' on their journey of feeling comfortable being in the skin they are in. The emphasis is on celebrating the body and having fun.

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## Dates and venue

<b>The LGBTQ+ Dare Sessions 2019</b>		
<b>Twelve-week course   A three-hour workshop each week</b>		
Longfield Hall 1	10am-1pm	Wednesday 06 March
Longfield Hall 2	10am-1pm	Wednesday 13 March
Longfield Hall 3	10am-1pm	Wednesday 20 March
Longfield Hall 4	10am-1pm	Wednesday 27 March
Longfield Hall 5	10am-1pm	Wednesday 03 April
Longfield Hall 6	10am-1pm	Wednesday 24 April
Longfield Hall 7	10am-1pm	Wednesday 01 May
Longfield Hall 8	10am-1pm	Wednesday 08 May
Longfield Hall 9	10am-1pm	Wednesday 15 May
Longfield Hall 10	10am-1pm	Wednesday 22 May
Longfield Hall 11	10am-1pm	Wednesday 05 June
Longfield Hall 12	10am-1pm	Wednesday 12 June

*Please note that there are no sessions on 10th or 17th of April due to the Easter holiday and no session on the 30th May because of the half-term break.*

## Venue

### Longfield Hall

50 Knatchbull Road  
Camberwell  
London  
SE5 9QY

The venue is a beautiful grade 2 listed building, with kitchen facilities and a stage.



## Monitoring and evaluation

We have been awarded a grant from the Health Innovation Network to run this workshop. As a pre-requisite to our funding we need to monitor the impact of the course on participants. To do this, participants will be required to complete some short questionnaires and also to provide testimonials. ***All the evaluation documents are anonymous.*** The evaluations will be used to demonstrate our results and may appear in publications after the course is complete. This will be necessary if we are to run the course in the future and apply for further funding.

***\*\*\*Therefore, if you apply for this course, you must be willing to complete the forms and provide feedback at all requested stages\*\*\****

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## The application process

There are three stages to the process:

### Stage 1

If you would like to register your interest for a place on the course please follow this link to complete a two minute survey: <https://bit.ly/2sGFpFA>.

### Stage 2

Once we receive your expression of interest we will be in touch to arrange a convenient time for you to have an initial phone conversation with course leader Ursula. This will give you the chance to ask questions and to confirm your availability for all twelve sessions.

### Stage 3

If you want to take part in Project Dare, your name will be allocated a number and the numbers of all interested persons will be put into a random number allocation system. If your number is drawn you have a place on the course.

We will be in touch via e-mail to let everyone know if they have successfully secured a place or not.

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## Pre-course individual meetings

Before the course officially kicks off, you will need to arrange a time with Ursula to come to the Maudsley Hospital in order to complete your pre-course monitoring questionnaire.

We are doing this in advance to ensure it does not take up valuable time during our workshop sessions and also to introduce ourselves.

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Thank you so much for taking the time to read this – apologies for it being so long-winded!

Remember - if you would like to register your interest follow this link: <https://bit.ly/2sGFpFA>.

Best wishes,

Ursula, Team Dare and the SLaM Recovery College