

PRESS RELEASE

22nd March 2021

Manx charity's Youth Ambassador launches children's art challenge to promote art for mental wellbeing during lockdown: The 'Get Tea Party Arty Challenge' with Teapot Trust (Isle of Man)

Teapot Trust (Isle of Man) provide clinical creative interventions conducted by qualified and registered therapists. Launched in November 2019, the charity currently provides a vital 1:1 clinical art therapy service within the Children and Adolescent Mental Health Service at Nobles Hospital (CAMHS).

Some children need help to come to terms with the diagnosis of a chronic or long-term illness. Their 'new normal' may involve frequent hospital visits, blood tests, medications, isolation and restrictions on childhood activities, all of which take a heavy mental toll on youngsters and their families. Other children may have mental health needs associated with conditions such as, anxiety, ADHD and childhood trauma. Clinical Art Therapy can help to give these children the means to express their feelings and unlock concerns, which they may not be able to explain to their family or carers with words alone.

However, the benefits of recreational art for general wellbeing are now also widely recognised and, following the recent extension of the current lock down, the Charity's Youth Ambassador Roo Hyett (age 14, a student at QE11 Highschool) found herself turning to art to improve her own mental well-being. This sparked the idea to encourage as many children as possible to take a moment for creativity during this challenging lock down period.

Roo, who last year created an online busking channel, Teapot Tuesday, to raise funds for the charity, commented,

"I was feeling pretty down about being in lock down again and missing my friends, but being creative always helps me feel brighter. I thought it would be great to have an art activity that all kids can join in with, so I came up with the 'Get Tea Party Arty Challenge'. It's super simple, no tricky rules and there are great prizes too, an Afternoon Tea Party for four people delivered to your door!

All you have to do is print the entry template from our Facebook Page @TeapotTrustIsleofMan and decorate our teapot with a design, pattern, picture or scene that will fill any tea party table with fun and colour. You can really let your imagination run wild!"

Teapot Trust SCIO has 10 years' experience of providing Art Therapy in the UK, at Alder Hey Children's Hospital, The Royal Hospital for Children and many more. The Charity's founder, Dr Laura Young, originally from the Isle of Man, has been determined to provide the same high-quality professional service for children here too. The new Manx charity, Teapot Trust (Isle of Man) has received support from The Scheinberg Family, John C. Taylor Ltd and many others, to allow it to set up the 1:1 service at CAMHS.

There is huge demand for greater access to children's therapeutic treatments on the Island. In order to be able to expand its much needed services, Teapot Trust (Isle of Man) is actively seeking additional finance and volunteer members, particularly at board level and advisory board level. If you are interested in helping with any aspect of the Charity please contact secretary@teapot-trust-iom.im.

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PRESS RELEASE

22nd March 2021 continued,

Details of events and updates from the Charity can be found on Facebook @TeapotTrustIsleofMan and on Twitter @TeapotTrustIOM.

Pictures enclosed: Roo Hyett, Teapot Trust (Isle of Man) Youth Ambassador / the 'Get Tea Party Arty' challenge poster.





Providing art therapy and creative interventions for children with chronic illness and mental health needs

- Facebook: @TeapotTrustIsleofMan
- Twitter: @TeapotTrustIOM
- Instagram: @TeapotTrustIOM
- Phone: 01624 828880
- Email: secretary@teapot-trust-iom.im



Get Tea Party Arty

Hi Guys, I'm Roo, Youth Ambassador for Teapot Trust (Isle of Man). I was feeling pretty down about being in lock-down again, but being creative always helps me feel brighter. I thought it would be great to have an art activity for everyone to join in with, so I've teamed up with our Art Therapist to launch our

'GET TEA PARTY ARTY CHALLENGE'

All you have to do is print the entry template from our Facebook Page and decorate our teapot with a design, pattern, picture or scene that will fill any tea party table with fun and colour. Let your imagination run wild!

You could win an **Afternoon Tea Party** for four people delivered to your door, by our friends at The Tea Junction. What a treat!



Providing art therapy and creative interventions for children with chronic illness and mental health needs

Check out these great examples and Get Tea Party Arty today!





The Prizes
The winning entry from each age group will receive an **Afternoon Tea Party** for four people delivered to their home, from our friends at The Tea Junction. **Age groups: 5 years and under / 6 to 11 years / 11 to 18 years**

How To Enter
Ask your parent/guardian to **private message** a photo of your entry via **Facebook** @TeapotTrustIsleofMan please also like and follow our page. **Closing date for entries Friday 9th April 2021.** See entry form for more information.

Teapot Trust Isle of Man Company number: 132857C Isle of Man - Charity number: 1285 - Directors: Dr J C Taylor OBE, Mr J J Theobald & Ms LD Smith
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