



Here to Hear

Welcome to the Darkness Makes Sense Programme

Which supports and enhances the lives of individuals experiencing Mild to Moderate Mental Health Issues.

By providing skill attainment, education, artistic pursuits and counselling, clients are able to work with their case worker to create a personalised care plan, which can involve any of the following:-

- Free weekly One on One session with a Counsellor, Mentor or Life Coach.
- Participation in any of the NRP existing projects.
- Multi-agency support.
- Art / Healing art Therapies



Who We Are

About Us

NINE RED Presents...(CIC) main aims and objectives are to respond to the needs of our local community and support and enhance the lives of socially disadvantaged groups, including victims of abuse. This is achieved by running community projects which provide skill attainment, education, artistic pursuits and counselling.

Our current projects are:

- Art Un-Defined!
- The AVS Project
- Diverse Britain - Exhibitions & Workshops
- IN3D - 3D Design & Printing
- Get Personal - Photo, Visual and Digital art and design service
- Event and Project Management Service

Contact Us

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Darkness Makes Sense... In The Light

*A NINE RED Presents...(CIC)
Project for individuals with mild
to moderate mental health
conditions.*



Darkness Makes Sense... In The Light

Mission Statement.

To provide a holistic package of emotional and practical support to individuals affected by mild to moderate mental health issues, by providing immediate and free one to one counselling, psychoeducational therapy and art therapy for individuals, in safe and secure surroundings.

The AVS Project

Darkness Makes Sense In The Light is part of the AVS Project, providing the same services, but is specifically tailored for those affected by domestic and sexual violence

For more information on this programme please see the AVS Project tab on the darknessmakesense.com website.



The DMS Approach

Scientific studies tell us that art heals by changing a person's physiology and attitude. The body's physiology changes from one of stress to one of deep relaxation, from one of fear to one of creativity and inspiration.

Art and music put a person in a different brain wave pattern, art and music affect a person's autonomic nervous system, their hormonal balance and their brain neurotransmitters.

Art and music affect every cell in the body instantly to create a healing physiology that changes the immune system and blood flow to all the organs.

*You are not alone, we are
here for you.*

Art and Music also immediately change a person's perceptions of their world. They change attitude, emotional state, and pain perception. They create hope and positivity and they help people cope with difficulties. They transform a person's outlook and way of being in the world.

In this way the DMS project helps you recover your natural rhythm and learn to shine again. You are not alone, we are here for you.



Client Focused Holistic Support.

A multi-tiered, multi agency, client focused "guided" ten step counselling/life coaching programme enabling clients to understand and recover from their mild to moderate mental health issues, by making use of the programmes multiple strands:-

Our Products and Services

1. Counselling Service:- Free, immediate and confidential, in a location chosen by the client (home or office)
2. Counsellor & Client Training: provides a 12 week training course for individuals working with this client group, the course is also offered to clients and has psycho-educational benefits overcoming anxiety, depression and insomnia.
3. Including a network of 3rd sector organisations providing services related to:-
 - a. Homelessness, Substance Abuse, Self-harm, Eating disorders, Employment & skill training, Financial management, Other similar services
4. The "Darkness Makes Sense" healing arts group
5. "In The Light performance group"
6. "ParkFest for AVS" annual community festival that raises community awareness of and funding for the programme, and is ran by clients, enabling them to gain workplace skills.