



Carnival Arts

Welcome to the In The Light Project

STRAND 1.

Active involvement in the performing arts part of the project contributes to the physical, mental and emotional health of all participants. Physically they are provided with fitness/dance training under supervision for a period of 16 weeks.

Simultaneously, members are involved in the design and production of vibrant and stunning carnival & festival costumes and work as a team sharing specialist expertise at all levels, to reflect their own personal feeling of stepping into the light. Finally they undertake First Aid and SIA (security) training as part of the preparatory process for events.

For participants who prefer to not to be so energetic, we use creative and vocal arts, such as digital and visual art, spoken and written word as a means for individuals to come to terms with and express themselves during the healing process. Again this contributes greatly to the overall mental, emotional and spiritual well being of participants. Many of these individuals also contribute to the back stage or creative part of the carnival costume making and float decoration mentioned above.

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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"In the light"

A NINE RED Presents...
(CIC) Carnival and
Performance art therapy
Project.



Exmouth Carnival

The “In The Light Project

Mission Statement.

“In the light” is a two-stranded project designed and implemented by victims of abuse who formed an arts group to:-1. Use the Arts as part of their therapy and healing process. 2. Raise awareness of their cause at carnivals, festivals and art events.

The AVS Project

“In the light” works in tandem with our A.V.S. project (Abuse Victim Support) Darkness Makes Sense project and encourages abuse victims and individuals with mild to moderate mental health conditions to participate in various art forms as a means of recovery and overcoming mental health conditions.

For more information on this programme please see the In the Light Mas Band tab on the darknessmakesense.com website.



The AVS 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.

Art heals by changing a person’s physiology and attitude.

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 AVS project helps you recover your natural rhythm and learn to shine again. You are not alone, we are here for you.



Northampton Carnival

Welcome to the In The Light Project

STRAND 2.

The second strand of this project is using carnivals, festivals and other art and culture events as a vehicle to disseminate information packs.

Having strong and confident individuals who have survived abuse available to participate in the festivities as part of the carnival parade, festival performance or Art work display at these events, helps to raise awareness and increase public understanding of the long term effects of such abuse.

At each of these events counsellors specifically trained in dealing with abuse victims are on site to inform individuals of help provided and help individuals to identify causes and effects of abuse in the wider society.