A group of people, mostly women, are in a workshop or community center. They are all raising their hands in the air, suggesting a moment of celebration or participation in an activity. The room has large windows and various items on shelves in the background.

Talitha

Building bridges of hope
through the creative arts

Talitha Arts is a unique non-profit making group of professional artists and arts therapists passionate about the potential to restore hope, dignity and worth through the freedom of the creative arts.

"I didn't think I had all these qualities inside me!"

Talitha Arts workshop participant

"I didn't know what courage and strength was, but now I do"

Talitha Arts workshop participant



What we currently do in India

Talitha Arts began by volunteering arts workshops to International Justice Mission, working in association with professionals in aftercare homes for girls rescued from sexual trafficking and violent abuse.

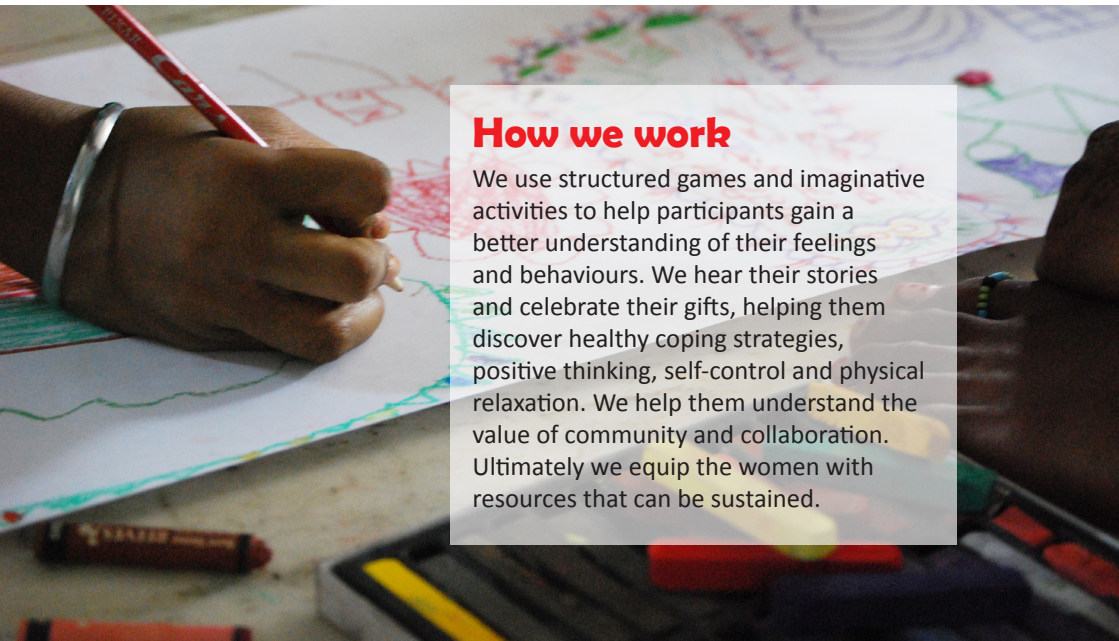


How we do it

We facilitate a safe place and a means for the girls to express their feelings, hopes, perceptions, joys and fears, encouraging them to explore positive emotional qualities, and to respond to their understanding of themselves and others, relationships, memories, dreams and aspirations. We encourage them to find solutions to obstacles and explore new perspectives.

Why we do it

It is estimated that 27,000,000 people are in slavery today, 80% of these are women and 50% are children. It is vital that the victims of sexual exploitation are given the means to recover a true sense of identity and value. By building confidence, resilience and hope these vulnerable women may return better equipped to their communities.



How we work

We use structured games and imaginative activities to help participants gain a better understanding of their feelings and behaviours. We hear their stories and celebrate their gifts, helping them discover healthy coping strategies, positive thinking, self-control and physical relaxation. We help them understand the value of community and collaboration. Ultimately we equip the women with resources that can be sustained.

Who we are

Our key personnel are therapeutic creative arts practitioners who believe passionately that the freedom of personal innovation and creativity can build bridges of hope for lives that have been crushed by oppression, exploitation and abuse.



How we will grow

Although we are currently involved working with young women in India, because our methods focus on people's inherent resilience and strengths our work has relevance and value in many situations.

We envisage designing and delivering workshops for the relief of those in need in the UK as a result of circumstance, disability or ill-health.

We are taking steps towards gaining charitable status.

About Amanda Root

Amanda Root founded Talitha Arts in 2010. She has worked with adults with learning difficulties and also taught drama students. She has worked as an actor in numerous roles with the Royal Shakespeare Company and in the West End. She has played many roles on TV and screen, including Anne Elliot in Roger Michell's film of Persuasion and Winifred in The Forsyte Saga. Most recently she has been seen in "The Herd" by Rory Kinnear at the Bush Theatre.

"As one therapist told us, assimilating positive feelings and acknowledging that someone cares for them is one of the hardest things for them to do. It was a great joy to be told that one young girl with us was smiling and engaged for the first time."

Amanda Root, Talitha Arts



International Justice Mission

International Justice Mission support and acknowledge the value of Talitha Arts' therapeutic approach through the creative arts in the rehabilitation of sexually abused and exploited women.

"Talitha Arts' work is invaluable and I know that these girls have gained much from the workshops and creative inspiration you give. It is clear from your work, that arts therapy is vital in helping them develop a sense of identity and worth as well as helping them on their journeys of healing and giving them hope for the future. We are so grateful for your commitment to this work and for the time that you have given. We hope you are encouraged to know the valuable role you play in this work of justice, and we are so excited to see how these girls will continue to thrive and grow as a result of your involvement in their lives"

Terry Tennens, Executive Director I.J.M UK



How you can help support Talitha Arts

We raise money for our work via our parent organisation International Justice Mission. Donations should be identified as specifically for Talitha Arts and can be given via the following link:

Online at www.ijmuk.org/contribute/give-now

*By cheque payable to: **International Justice Mission UK** (with note indicating for Talitha Arts) . Send to: IJM UK. PO Box 9641, Bures, Colchester, CO8 5WY*

By Bank Transfer:

Sort code 60-01-31

Account number: 50554204

Account name: International Justice Mission UK (indicating for Talitha Arts)



Get involved with Talitha Arts

Talitha Arts is currently run exclusively by volunteers. We are in process of setting up a website which will enable us to communicate the nature of the skills and help needed and to keep our supporters informed of developments in our work. To keep up to date go to our facebook page:

[/pages/Talitha-creative-arts-workshops](https://www.facebook.com/ijmuk)

Contact us if you would like us to provide a speaker for any size group