

Twilight Zone Project

Empowering Young Voices through the Arts



The Twilight Zone Project is an inspiring, regional arts programme for young people aged 12-18 who are resident in Health and Social Care facilities across Northern Ireland.

Supported by the Public Health Agency NI, the project invites young participants to explore and express their unique perspectives through contemporary art forms, helping them find their voice and contribute to a Health and Social Care system that better serves their needs.

How the Twilight Zone Project Works

Through dynamic arts activities such as filmmaking, digital art, music, and photography, the Twilight Zone Project creates a safe, empowering space for young people to share what matters most to them.

The project enables them to connect with professional artists, learn new creative skills, and develop the confidence to communicate their stories in powerful ways. Activities include filmmaking, digital art, music and photography.

Why the Twilight Zone Matters

The Twilight Zone Project does more than simply engage young people in the arts; it fosters a sense of belonging and purpose, helping them to develop resilience and self-confidence. By participating in these creative activities, young people:

- Articulate their unique voices and experiences
- Build self-esteem and gain new skills
- Contribute their insights to shape a more responsive Health and Social Care system

From The Young People

The impact of the Twilight Zone Project is best captured by the words of those who take part.

Each piece of art, photo, or song reflects the personal journey and voice of a young person empowered to make a difference.

“Art really helps me. When I create, it’s like I’m putting my thoughts into my hands and out of my head. I feel so much better.”



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