

**NINE
RED**

PRESENTS (CIC)

QUEEN'S AWARD-WINNING
VOLUNTEER-LED
SOCIAL ENTERPRISE

BEDFORDSHIRE, UK



Sekhmet's Sanctuary

A Wellbeing & Arts Arena for festivals,
carnivals and community events



WELLBEING • CREATIVITY • CULTURE • COMMUNITY



THE QUEEN'S AWARD
FOR VOLUNTARY SERVICE





SEKHMET'S SANCTUARY

A WELLBEING & ARTS ARENA

DELIVERED BY NINE RED PRESENTS (CIC)

Introduction



Trauma-informed, culturally rooted, event-ready

Sekhmet's Sanctuary is a welcoming wellbeing and arts space within high-energy events. We offer rest, reflection, movement, expression and collective care—designed to restore balance, honour culture and uplift communities. Our sanctuary is designed to feel distinct, grounding and professionally delivered, so it seamlessly complements your event while creating a sanctuary where everyone can exhale, reconnect and belong.



WHAT IT IS

A curated wellbeing and arts arena offering safe space, creative expression, holistic practices and cultural connection.



WHO IT SERVES

All communities and generations—especially those who need space to rest, reset and be seen.



WHY HOST ORGANISERS CHOOSE US

We enhance audience wellbeing, add cultural depth, and reflect your commitment to inclusive, compassionate event experiences—delivered with care and professionalism.





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PURPOSE & PRINCIPLES



Sekhmet's Sanctuary exists to protect wellbeing and uplift creativity in the heart of celebration. We create sacred, welcoming spaces within lively public events where people can pause, reset and reconnect. Our approach is trauma-informed, culturally rooted and community-led—centred on dignity, safety, and the right to rest, express and belong.



TRAUMA-INFORMED: We lead with care, consent and boundaries to create emotional and physical safety.



CULTURALTY ROOTED: Grounded in Afro-diasporic and Kemetic wisdom, honouring ancestry and identity.



RESTORATIVE & INCLUSIVE: Welcoming all bodies, ages and backgrounds with accessibility at our core.



CREATIVE & COMMUNITY LED: Nurturing expression, connection and collective wellbeing.



SACRED SPACE. COLLECTIVE CARE. CREATIVE POWER.





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04A



Spatial Footprint & Layout

Sekhmet's Sanctuary is designed as an intimate, inclusive arena that balances performance, presence and retreat. The horseshoe footprint creates a clear front for engagement while maintaining quiet edges for rest, regulation and access. The marquee anchors the experience at the heart, offering a contained, weather-ready space for wellness and arts.



CLEAR ENTRY & FLOW: Open front entrance guide audiences in, with natural flow around the arena towards seating and sanctuary spaces. With access areas towards the rear.



CENTRED EXPERIENCE: The marquees line the perimeter of the arena, ensuring excellent sightlines and an immersive focus from every angle. The main marquee provides space for table-only stalls.

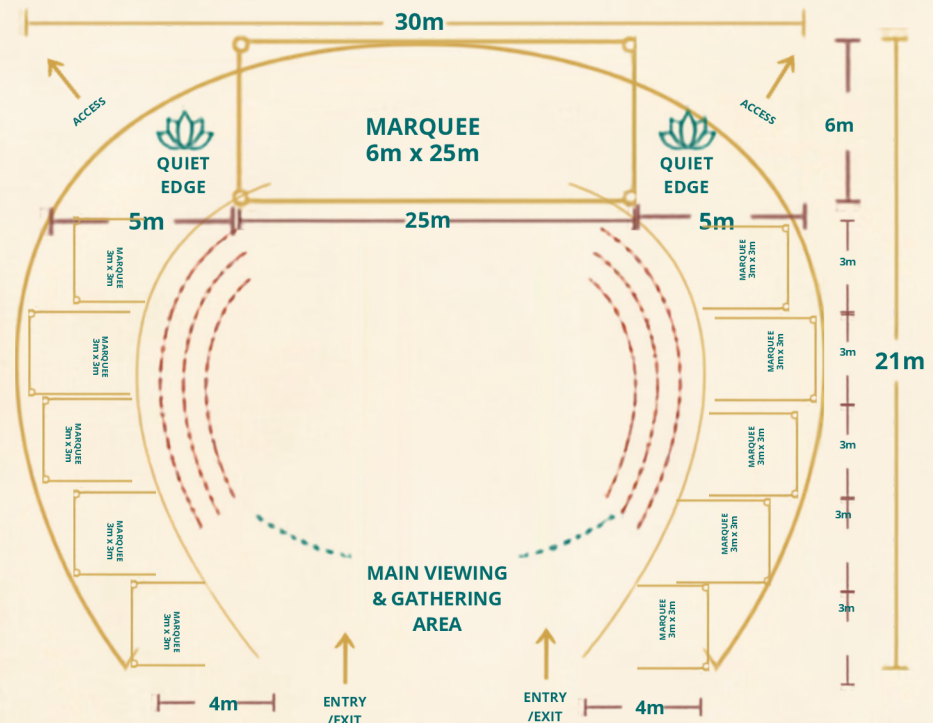


QUIET EDGE: Rear edges are kept calmer for rest areas, with waterfalls, water features and soft seating; these are low-sensory zones.



CAPACITY FLEXIBLE: The open arena supports mixed-use programming with adaptable audience capacity, and allows space for stalls.

HORSESHOE ARENA LAYOUT



— ARENA BOUNDARY

— MARQUEES

— QUIET EDGES / REST ZONES

— SEATING / AUDIENCE FLOW



PRESENCE



RESTORE



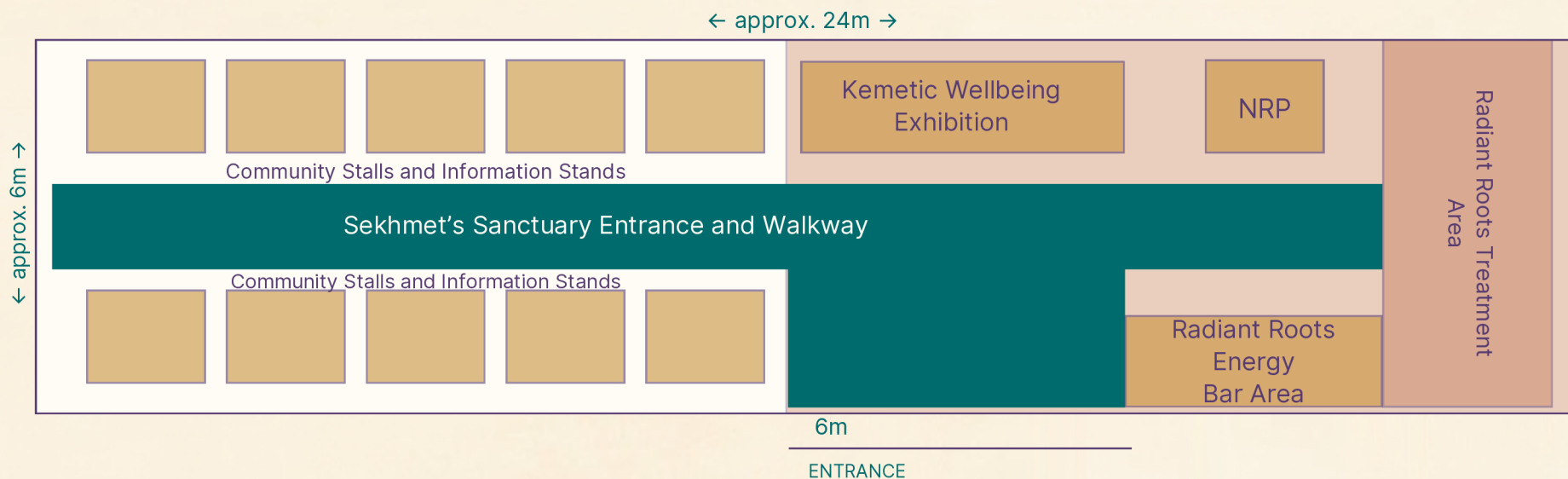
CREATE



RISE

Sekhmet's Sanctuary Marquee – Internal Layout (6m x 24m)

04B



This marquee sits within the wider 30m x 20m horseshoe arena footprint shown on the following page.

Community Stalls Central Walkway Radiant Roots Areas

KEY AREAS

Community Stalls & Information Stands

Local organisations, charities and community groups sharing resources, signposting services and connecting with visitors.

Kemetic Wellbeing Exhibition

A cultural and heritage feature celebrating Kemetic knowledge, identity, wellness traditions, herbal knowledge and holistic health practices.

Radiant Roots Energy Bar Area

A hands-on creative space where visitors can make their own candles and cosmetics using handmade, hand-poured, organic and plant-based materials.

Radiant Roots Treatment Area

A calm, curtained zone for one-to-one holistic treatments including colour, light & sound therapy, reiki and energy healing.



PRESENCE



RESTORE



CREATE



RISE



Programme — Movement & Art Medicine

Our programme offers practices that restore, inspire and reconnect. Through movement and creative expression, we support the body's natural intelligence and the spirit's capacity to heal. Each session invites presence, play and self-discovery in a supportive, culturally affirming space.



Movement Practices — Yoga, Tai Chi, breath-led practice and mindful movement for all bodies.



Breath & Energy Work — Restore balance, calm the mind and awaken inner vitality.



Journaling & Reflective Making — Guided journaling and creative prompts for insight and emotional clarity.



Embodied Arts — Movement, voice and creative expression to release, transform and celebrate.





Programme — Information, Services & Performance

Sekhmet's Sanctuary is a space for voice, connection and care. Our programme blends spoken word, information sharing and gentle performance to uplift, inform and inspire. We create moments to speak, to listen and to be seen — supporting wellbeing and community through knowledge, creativity and culture.



SPOKEN WORD & MICROPHONE-LED MOMENTS

Poetry, reflections and lived experiences that inspire and empower.



COMMUNITY CONVERSATION & DIALOGUE

Open, respectful spaces to share ideas and build understanding.



WELLBEING SIGNPOSTING & SERVICE INFORMATION

Useful guidance and connections to local and trusted support.



GENTLE PERFORMANCE & CREATIVE ACTIVITY

Uplifting performances and participatory moments for all.





Example Timetable



Below is an example flow for a full-day programme. We work with you to shape the experience around your event, audience and practical needs.

Timings can be **adjusted** to fit your event schedule and audience needs.

Sessions can be **added, removed** or **re-ordered** to reflect your theme and flow.

We can **adapt** the mix of wellbeing, creative and spoken word elements.

Break lengths and setup times can be **tailored** to your team and logistics.

Time	Outdoor Arena (Movement / Performance)	Marquee (Workshops / Stalls / 1-1)
12:00	Sanctuary opens; music ambience and gentle welcome at arena entrance	Stalls and information points live; quiet arrival space with hosts greeting participants
13:00	Welcome to Sekhmet's Sanctuary & programme overview on mic; short grounding exercise	Intro to partners and services; hosts invite people to explore stalls and sign up for sessions
13:15	Movement session – Kemetic Yoga or Tai Chi (accessible, all levels)	Guided journaling / reflective creative writing in small group; stalls remain open
14:00	Art Medicine workshop – carnival arts / embodied storytelling (more active)	Trauma-aware poetry or art medicine circle; softer, seated exploration
15:00	Presentations from services and partners (short talks, Q&A)	1-1 conversations and signposting with services; informal drop-in advice
16:00	Manifest & Move session (music-led movement: Kemetic/soca/calypso vibes)	Sensory and grounding activities; optional mini creative tasks at tables
17:00	Poetry / spoken word performance slot; lived experience pieces, commissioned work	Small-group reflection circle; participants invited to respond creatively or in discussion
18:00	Closing movement or gentle stretching; transition to calmer space	1-1 treatments (e.g. Radiant Roots), quieter reflective area, and final check-ins





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HOST ORGANISATION REQUIREMENTS



We thrive when we work in partnership. To deliver a safe, inclusive and inspiring Sanctuary, we ask host organisations to provide the practical support below. These requirements are agreed in advance and tailored to the needs of your event and site.



Agreed Space & Access: Provide the agreed arena footprint with clear access for setup, breakdown and daily operation.



Power & Infrastructure: Access to suitable power supply (agreed in advance) and any necessary infrastructure.



People & Safety: Adequate stewarding and a safety plan aligned with your event protocols.



Communication & Coordination: Briefing time before the event, inclusion in key communications, and a named on-site contact for coordination.





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Trauma-Informed & Safeguarding Approach

We hold wellbeing at the heart of everything we do. Our trauma-informed and safeguarding approach ensures that Sekhmet's Sanctuary is a safe, respectful and empowering space for all. We prioritise inclusion, dignity and choice—creating conditions where people can feel seen, supported and free to engage at their own pace.



Trauma-Informed Ethos | We lead with compassion, choice, collaboration and cultural humility.



Consent-Based Facilitation | All activities are invitation-led, no expectation to share or participate.



Safe Communication & Boundaries | We communicate clearly, listen actively and respect individual limits.



De-Escalation & Safeguarding | Our team is trained in de-escalation, first response and safeguarding coordination in line with best practice.



RESTORE. RENEW. RISE TOGETHER.



Partnership & Co-Design Options

We believe the most meaningful events are created together. We offer flexible partnership and co-design routes that honour local knowledge, cultural context and community priorities—centred on wellbeing, creativity and collective celebration.



Programme Shaping

Collaborate with us to shape activities, artist line-ups and wellbeing pathways that reflect your community.



Local Cultural Partnerships

We work with local creatives, healers, educators and cultural leaders to root the Sanctuary in place.



Themed Commissions

Co-commission bespoke workshops, performances and installations aligned with your event's theme.



Shared Planning Conversations

Early, open dialogue ensures our offering integrates beautifully with your vision and operational needs.





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Practical Information & Next Steps

We'd love to hear about your event and explore how Sekhmet's Sanctuary can add value for your community. Let's discuss fit, planning timelines, and partnership possibilities to create meaningful, memorable experiences together.



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LOCATION
Bedfordsire, UK

WHAT HAPPENS NEXT?



Initial Conversation
We'll arrange a friendly chat to learn about your event and audience.



Tailored Proposal
We'll create a bespoke offering aligned with your vision, values and logistics.



Plan & Prepare
We confirm details, coordinate delivery and co-create a smooth experience.



Impact Together
We deliver an inspiring space that uplifts, connects and leaves a lasting legacy.



ROOTED IN HERITAGE. DRIVEN BY PURPOSE. POWERED BY COMMUNITY.

