



Creative Minds[®]



Developing creative
approaches in our
health services

www.creativemindsuk.com



I am pleased to present our fourth edition of the Creative Minds magazine.

Through this magazine we hope to showcase some of the innovative, imaginative and ingenious creative projects that we are supporting in our local communities, through the Creative Minds initiative which is hosted by South West Yorkshire Partnership NHS Foundation Trust.

We introduced Creative Minds in 2011 in response to feedback from service users and carers about their desire for more creative approaches to understanding and supporting their health and wellbeing. To date, Creative Minds has delivered over 180 creative projects in partnership with over 60 community organisations and groups, benefitting over 4,000 people.

The impact that Creative Minds and the increased use of creative approaches in healthcare has had is phenomenal and we look forward to continuing to champion this approach in the years to come.

Participating creatively as a means of self-expression tackles social exclusion, promotes self-acceptance and raises aspirations through allowing the individual to discover talents, skills and abilities that combat the feelings of negativity surrounding their mental health. All of these things can help people to develop feelings of pride and satisfaction, enabling them to feel worthwhile. Finding an activity that they enjoy challenges negative self-images and where people have low expectations of themselves, the sense of achievement that can be found in creativity is unrivalled.

Creative Minds is altering perceptions of how the Trust delivers its services. Creative approaches offer a different way of engaging with communities and have worked especially well with people who have traditionally been more difficult to engage. Projects sensitive to different cultures and faiths have been developed, promoting a sense of inclusion.

It also encourages service users and practitioners to engage for mutual benefit, provides an opportunity for people to engage as equals, and shifts the imbalance between providers and participants.

A big part of the success of Creative Minds is due to the strong and robust partnerships that we are able to build and support with our creative partners who support us to deliver projects. We are always looking to build on this and invite voluntary organisations to become creative partners and work with us to deliver transformative and meaningful projects for those who use our services. You can find out more about becoming a creative partner on page 27.

With very best wishes,

Steven




Chief executive
South West Yorkshire Partnership NHS Foundation Trust

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Creative Minds annual report 2014 - 2015

*Celebrating what we've achieved
and looking forward to where
we're going.*

*“The creative sessions
make me feel safe and
secure and make me
feel like somebody
cares.”*

Creative Minds is a national award winning, NHS initiative that promotes the use of creative approaches in healthcare. Pioneered by our Trust, Creative Minds is a unique initiative that aims to improve the quality of people's lives through participation in creative activities.

The principles and philosophy of Creative Minds strikes a chord with many people and we believe we have initiated a genuine social movement that people want to be part of, and feel a sense of ownership with.

A key component of the popularity of Creative Minds is the fact that it holds such a broad definition of 'creativity'. Arts, sports, recreation and leisure activities are just some of the types of projects that Creative Minds co-funds, giving participants the opportunity to take control of their own care and promoting recovery through empowerment to make their own choices – just one of the reasons why 4,000 people have been able to benefit from the initiative.

Participating creatively as a means of self-expression tackles social exclusion, promotes self-acceptance and raises aspirations through allowing the individual to discover talents, skills and abilities that combat the feelings of negativity surrounding their mental health. All of these things can help people to develop feelings of pride and satisfaction, enabling them to feel worthwhile. Finding an activity that they enjoy challenges negative self-images and where people have low expectations of themselves, the sense of achievement that can be found in creativity is unrivalled.

*“My children are
amazed that one person
can change in such a
short space of time.
They didn't believe it
was possible and neither
did I. But it is.”*

*“I can finally do
something fantastic
with my life.”*



a year of sharing our
knowledge

The last 12 months have been an amazing year for Creative Minds as our profile and recognition as a leader in delivering creative approaches to improve health and wellbeing has grown as well as the opportunities to engage in creative activities which we are able to offer to people who use the Trust's services.

We have shared our learning on national and international platforms including at the Microsystems festival in Jonkoping in Sweden and the National Arts practitioners conference in Birmingham. We have also delivered lectures at the University of Huddersfield to nursing, psychology and social students and hosted a series of master classes for health and social care practitioners including consultant psychiatrists, junior doctors and medical students.

We have also contributed to national debates about arts and health, supported the development of a national standard around social prescribing and published an article highlighting the benefits that creativity can have on people's health and wellbeing in the national Journal of Mental Health and Social Inclusion.

In 2014, we were also recognised with award success. At the Health Service Journal awards, Creative Minds beat strong competition to win the Compassionate Patient Care category and at the Patient Experience Networks National Awards, we were announced as winners in the Strengthening the Foundation Category.

Creative Minds has also been utilised within the Trust as a guiding element in the Trust's transformation process, forming a strong part of the integrated care pathway approach that is a focus for all our services. As part of this, Creative Minds will be offered at primary, core, enhanced and acute stages of the pathway, offering people an alternative provision of support, potentially preventing the need for them to access secondary care services.

Funding and projects

Between April 2014 and March 2015, Creative Minds utilised £200,000 in funding from the Trust and our commissioners, which generated a further £200,000 in match funding. The match funding element is completely new money that in some cases would not have come to the region without the unique partnerships we have formed through Creative Minds. A more detailed breakdown of how this has been used to support different projects is available by contacting the Creative Minds team. See page 27 for contact details.

During 2015/16 we will continue to look for funding opportunities to increase the number of projects available.

Evaluation

We have been doing a lot of work to evaluate the impact that Creative Minds is having. Personal accounts from those who have taken part in projects and the positive impact it has had on their lives have been captured on film and in writing, which are available on our website.

Previously, individual Creative Minds projects carried out their own evaluation, sharing this with us to demonstrate the positive impact. This year we have been developing an evaluation tool, which is a shortened version of the Warwick & Edinburgh Mental Wellbeing Scale (SWEMWBS). Going forward, we'll be asking all projects to use this tool, ensuring that we have a consistent approach to evaluation that generates results which can be used to draw conclusions.

Research

We are working with the University of Huddersfield health research team to develop a full university led Research project for Creative Minds.

This work is being supported by Professor Liz Hughes and we are looking at funding applications to the Department of Health, Arts Council and the Economic & Social Research Council to support this research.

We'll share more details about the research as it develops on our website.

Looking forward
what next for Creative Minds?

Over the next twelve months we'll be looking at consolidating and building upon the good practice and activities that have evaluated well and proved popular with people. To enable this, we will dedicate 60% of our budget to re-funding the projects and activities in each local area that have been successful, as well as introducing these to other communities. The remaining 40% of the budget will be dedicated to supporting new and innovative approaches as we have done over the previous three years, ensuring our ethos to support emerging creative activities that improve people's wellbeing continues.

We are looking at how Creative Minds can play a more preventative role. Initially working with our single point of access team in Wakefield, they'll be able to refer people to Creative Minds who do not meet the threshold for secondary care services. This approach could potentially reduce the number of people who need support from secondary care services or reduce the level of support which they need.

We will also look to develop and promote the charitable fundraising of Creative Minds. Creative Minds is a registered Charity and we will explore how we can improve community engagement through it, as well as attract charitable funds through such ideas as a Creative Minds charity shop. We will also explore the opportunity for sponsorship to cover the costs of producing our Creative Minds magazine – which is instrumental in bringing the Creative Minds vision to life, raising awareness of what we are trying to achieve and connecting people with projects. Making connections with local sponsors will also offer another route to share the opportunities for improved workplace wellbeing and community engagement which can be achieved through Creative Minds.

We will also be exploring the opportunity to share Creative Minds as an initiative that other organisations can embrace. We will look at franchising the Creative Minds approach so that it can be shared with other organisations, providing consultancy support to develop the approach in their local community, workshops and frameworks to develop a strategy, and use of the Creative Minds brand.

Over the last three years, Creative Minds has developed a comprehensive programme of creative projects. It's become a social movement that participants feel ownership of.

Here at Creative Minds we look forward to this continuing, building and creating a truly innovative and inspiring approach to supporting people's wellbeing.

Explore this issue of our magazine to find out more about the exciting projects that have been supporting people over the last 12 months to build their skills, interact with new people, improve their confidence and improve the quality of their life.



Breaking the cycle in Barnsley

A support group for men, women and children who have experienced domestic abuse in Barnsley is helping to give people a voice as part of its Creative Minds-funded 'Breaking the cycle through creative activities' programme.

The Domestic Abuse Refuge Support Group has so far delivered over 100 sessions to people in the district who have suffered or experienced domestic abuse at some point in their lives.

The sessions help to improve the self-esteem and self-confidence of its participants through creative therapies such as art, clay modelling, role-play, dress up, visualisation techniques, stories, small world transitional objects and letter writing.

Children are able to express how they feel without words by using creative therapy techniques instead such as drawing pictures, giving colours to moods, feelings and behaviours. Using these techniques can help to reduce anxiety and worry in the child.

Other adults have taken to journal and letter writing to express their feelings on paper. Having something to look back on has improved their confidence as they are able to see where they have developed, recognise triggers to certain behaviours and manage unwanted thoughts and feelings in a more positive manner.

The Domestic Abuse Refuge Support Group employs two experienced counsellors/psychotherapists who are members of the British Association of Counselling and Psychotherapy. Counsellors use their experience, knowledge and understanding of different therapeutic activities and methods to create sessions to complement and support each person.

Kathryn Downes, resource centre manager, said:

“By working together as a team, building things, writing letters to each other or simply just playing and listening to each other, family members have been able to see things from the other's perspective. This has improved family dynamics and given families coping strategies that work well within the home environment, creating less stress and better ways of dealing with unwanted situations that arise. We have excellent feedback from schools, children's centres and family members who report increased confidence, self-esteem and willingness to learn.”

Top tot therapy

Therapy for babies with complex physical needs has been made fun with the help of Creative Minds funding. Theratots is a sensory 'therapy playgroup' for young children with conditions such as cerebral palsy run by South West Yorkshire Partnership NHS Foundation Trust's paediatric therapy service in Barnsley. Babies attending the group range in age from 6 months to around 2 and a half years.

The paediatric therapy service enables children to maximise their potential in all aspects of daily life. The service works in close partnership with families, carers, schools, nurseries, and other professionals, and sees children in clinics, children's centres, nurseries, schools and also in their homes.

The Theratots programme aims to equip parents with the skills, tools and confidence to carry out ongoing therapy at home, while allowing their children to experience movement and interaction with other babies.



Enjoying taking part in therapy!

Theratots also has the added benefit of being a place for mums to come together and talk to others going through similar experiences.



Demonstrating therapy techniques using a doll.

Joan Herrero, senior paediatric occupational therapist at the Trust, said:

“Theratots gives us a way of giving parents lots of information quickly, whereas if this was done in their own home we would have to do it over a long period of time. Being able to access funding like Creative Minds means we have been able to bring more materials, more activities and more sensory experiences for the children to the group.”

Reaching for the stars with Cross the Sky

The show – which the group had been working on for over a year at their workshops at the Cooper Gallery in Barnsley – included original songs and soundtracks created by the team. 'Wings' follows on from a successful pilot project held in 2014 where Cross the Sky worked with students with learning difficulties to perform 'It's Love I Think', a piece devised by the group, at The Civic Theatre in Barnsley.

Cathy Smart, project leader at Cross the Sky, said:

“Our sessions have so many benefits for people with learning disabilities. They get to meet new friends with the same interests as them – such as dance, drama, music and visual art. Because many people with learning difficulties live with their parents, they can often be isolated and find it hard to meet new friends of their age. Our groups enable them to make new bonds and friendships while doing something they love. Getting the work of people with learning disabilities into the mainstream is also a great thing. Our productions are performed in mainstream theatre venues and are open to anyone and everyone from the local community and beyond – so it's amazing that their work is showcased to such a wide range of people. Doing this helps us to work towards reducing negative stereotyping by delivering high quality theatre and promoting the creative abilities of people with learning difficulties to both their peer and mainstream audiences.”

Creative Minds funding has enabled Cross the Sky Theatre Company to bring their unique performances to the grand theatre stages of Yorkshire.

Cross the Sky, a theatre company for adults with learning disabilities based in Barnsley, create pieces of theatre using performance art, movement, singing, drama, and visual arts, sharing their talents and stories with audiences.

One of the most important elements of Cross the Sky's work is helping the groups to find a theme for their work, promoting independence by enabling them to express themselves and giving a voice to their thoughts and feelings.

Using funding provided by Creative Minds, Cross the Sky put on performances across the Yorkshire region in July 2015 – including at Barnsley's renowned The Civic and Wakefield's grand Mechanics Theatre.

The actors and actresses brought to the prestigious stages a performance of 'Wings' – a powerful show devised from the personal experiences of the group's members. The show took inspiration from the story of 'The Ugly Duckling', looking at themes of bullying, being different, embracing difference, celebrating talents and achieving great things through looking at yourself positively.

A pondering pose from a participant.



Art shines through

A group of young service users from Child and Adolescent Mental Health Services in Barnsley have used Creative Minds funding to transform a building into a space to display their artistic talents.

As part of the 'Dark into Art' project, the group – who work with staff in the team to help develop the service – have used the renovated New Street Health Centre as a canvas for their photography, artwork, and inspirational quotes.

The name of the project, 'Dark into Art', was inspired by the idea that the young service users would use their artwork to brighten up some of the rooms in the building that didn't benefit from natural light.

Maxine Marsh, team manager, said:

“We took the service user group out with disposable cameras and they took photos of things like local scenes, the town, and flowers and plants. They've also created some positive statements and we're going to use our funding to buy some nice frames to display them in. The service user group has really embraced the project and absolutely gone to town on it – it's been great.”



Moving Onwords and Upwords with creative writing

Putting pen to paper has enabled members of the Onwords and Upwords group in Barnsley to feel happier, more confident and more creative, according to recent feedback from the group.

The project is being run by Writing Yorkshire, a writing project based across South Yorkshire. It aims to develop the writing skills and creative talents of all participants and encourages them to work as part of a team, increase communication with others and take a leadership role in activities.

Participants can try their hand at writing poems, short stories or anything that springs to mind with the help of experienced creative writers from Onwords and Upwords' experienced, friendly team. Sessions are held centrally in Barnsley at the Civic Theatre, making them open and accessible to as many people as possible.

The project also explores key health issues and looks at the personal stories of participants with the overall aim being to improve their physical and mental health and wellbeing.

The impact of the sessions has been clear to see, with 100% of participants agreeing that they feel more confident, happier, more relaxed and more confident in their writing.

To join, or for more information about Onwords and Upwords, please contact Sue Shaw, group writer, on s.shaw123shaw@btinternet.com

Here's what some of the group had to say about their involvement:

“Onwords and Upwords has made me feel less stressed and improved my memory. It feels good to be part of a group who value my opinions and have respect for each other. I like being able to explore my feelings. I enjoyed listening to other people's stories and poems and being inspired to use different ideas, meet new friends and being able to grow in confidence and develop skills.”

“Onwords and Upwords has helped me to express myself in words, helped me to understand myself better and helped me to express my worries and concerns, enabling me to let go of stress. It's encouraged me to put pen to paper and write.”

“Onwords and Upwords has improved my writing techniques, which has given me greater confidence in myself and my abilities. It provides a comfortable, relaxed space where I have time to sit and think. I leave having created a variety of writing, which makes me feel good about myself and makes me feel I have achieved something.”

Healthy mind, healthy body

As well as helping service users to improve and maintain their mental wellbeing, Barnsley-based organisation 360 Engagement has also been supporting their physical wellbeing through its 'healthy mind and healthy body' project.

'Healthy mind and healthy body' targets people from protected characteristic groups with mental health issues, and develops creative thinking and relaxation by providing a mixture of art therapy, relaxation and exercise in weekly sessions.

The relaxation and exercise sessions include alternate yoga and dance sessions to stimulate and relax the mind and help the group to creatively express themselves.

The project also engages people with their issues through painting, helping to improve their mental health and where possible avoiding isolation, stress and building their capacity and resilience through working with other cultures with common issues.

Improving physical health has a number of benefits, including helping to support mental wellbeing. Physical activity can also help with reducing tension and stress, boosting energy, providing a sense of achievement, managing anger and frustration, and improving social interaction.



Taking part in a fitness session.

Roya Pourali, director of 360 Engagement, said:

“The main benefit of our project is enabling people from different cultures and backgrounds to come together and improve their wellbeing in both their body and their mind.”

What are protected characteristics?

A protected characteristic is an attribute which it is unlawful to discriminate against. Nine of the characteristics are protected by the Equality Act 2010 – which legally defends people against discrimination in the workplace and in wider society. These are:

- Age
- Sexual orientation
- Being or becoming a transsexual person (gender reassignment)
- Being married or in a civil partnership
- Being pregnant or having a child
- Disability
- Race including colour, nationality, ethnic or national origin
- Religion, belief or lack of religion/belief
- Sex/gender

Artwork created by a member of the group.

Feedback from the sessions:

“Very inspiring sessions, everybody here is able to create work with peace and confidence. I feel relaxed and comfortable and my problems are out of my head.”

“I feel more confident and I'm not afraid of experiencing new things.”

“I am very happy, I can open my feelings.”

“Wow - what can I say? Nothing matters while I'm here. I feel relaxed and safe.”

Find out more about 360 Engagement at www.360engagement.co.uk

Calderdale project gets people digging

An allotment project in Calderdale has been helping to boost people's wellbeing this summer.

Voluntary Action Calderdale (VAC) are running this project on an allotment in the Halifax area and inviting local people with mental health problems and service users who have been in touch with the inclusion support service to get involved.

During the project, participants had the chance to get digging and have a go at planting a range of vegetables including peas, broad beans, onion, garlic, rhubarb, blackcurrant, hazelnut, kale and strawberries. Service users were also encouraged to take home any fruit and vegetables grown on site, with the remaining produce being shared amongst local groups, sharing the knowledge of where it came from and raising awareness of the project.

Thanks to Creative Minds funding, VAC have been able to plan workshops that show people how to garden and put their new skills into practice. They have also purchased a range of gardening equipment that is available for everyone to use throughout this project.

Volunteer Development Officer, Audrey Smith said:

“Without this vital funding we would not have been able to run the supported allotment project – Creative Minds has really given us a chance to make a difference.

Through this project, we want to support people to develop their skills – and have the opportunity to manage their own plot of land, creating something sustainable. Ultimately we hope to help improve the wellbeing of the community, supporting local people.”



Service users were encouraged to take part in the project not only to enjoy the pleasures that gardening can bring but also to boost their mental and physical wellbeing.



Gardening at the allotment in Halifax.

Voluntary Action Calderdale (VAC)

is a local charity that works with local voluntary and community sectors to support network development, promoting equality and diversity in Calderdale. They also provide training, resources, and support for groups working within the health sector.

Find out more about VAC by visiting

www.cvac.org.uk

Dramatherapy - encouraging theatricals and drama



A group of young carers in Yorkshire have been exploring a new creative arts project which uses Dramatherapy to help them cope with different situations.

Dramatherapy is a creative psychotherapy which uses theatre and drama to help youngsters express themselves and work through challenging experiences.

As part of this project, Victoria Theatre invited therapists specially trained in Dramatherapy to work with a group of young people. Utilising a wide range of stories, play and games, the therapists support the individuals to build their confidence, a sense of identity, develop their relationship making skills and find new ways to express their feelings.

Tim Fagan, Theatres and Cultural Programmes Manager said:

“Dramatherapy is a unique and relatively unknown intervention which can help young carers share and think about their personal experiences by expressing themselves through creative arts.

During the 90 minute weekly sessions, we work with these individuals to help them explore and come to a greater understanding of often challenging and complex situations to improve their wellbeing, health and quality of life.”

This project will be running for 12 months and the sessions are held in arts settings therefore removing the stigma that can be associated with clinical settings.

Young carers are children and young people who are caring for a family member who suffers from a range of illnesses and/or disabilities.

Improving wellbeing with music

Service users in Calderdale experiencing mental health difficulties have been invited to boost their musical talents during music therapy sessions this summer.

Service users at Lyndhurst, a 14 bed inpatient rehabilitation unit in Calderdale, were invited to take part in the sessions to support their recovery from mental health, boosting their mental wellbeing as well as their musical talents. Run over 12 weeks, the sessions were led by a music therapist, who encouraged participants to express themselves and communicate through music.



Getting in the rhythm with musical therapy.

Taking part is not only an opportunity for service users to interact with each other in a new setting and environment, but also boost their confidence as they build their musical skills, achieving goals that they're encouraged to set at the beginning.

To find out more about the project contact Rebecca Smith on 01422 372808

Specialist Occupational Therapist, Rebecca Smith, who works for the Trust said:

“This is a new, unique and innovative intervention that will give people the chance to use different instruments, have fun and get well, as well as support and enable their recovery.”

The Summit reaches new heights

The Summit climbing group has put its' Creative Minds funding to good use by taking service users camping to explore, adventure and enjoy the scenery of North Wales.

The social group has been growing for the past three years and gives people with mental health problems a chance to improve their wellbeing with a range of physical activities. To date, eight service users take part in the groups weekly activities.

The group visited the Llyn Gwynand Campsite - staying over for two nights in the Welsh mountain. As well as an opportunity to visit a beautiful part of the country, the group were invited to learn new skills like map reading and using a compass to plot their position.

These skills were then put on display as the group climbed Mount Cinght, a mighty 5 hour hike.

During the trip the group were also encouraged to think about practicalities involved in visiting a new place including cooking and shopping for food that they might need.



The group all set up at camp on the Mountain

Julie Metcalf, support time and recovery worker in the Trust's Insight team, said:

"It was great to see everyone having a really good time at our recent camping trip in Wales. We got some really good feedback from service users who enjoyed being outside, walking and doing lots of exercise."

This project has helped service users get physically active, improve their mental wellbeing and has also encouraged people to give up smoking and join a gym."

Feedback from service users has been really positive:

"It has helped to improve my level of physical fitness and has kept smoking off my mind."

"I have made friends and learnt to deal with people better, and to express myself to others."

"The group has had positive effect on family and friends - my mum has noticed I am more happier than normal."



Beat it



Thanks to Creative Minds funding, people with learning difficulties, physical disabilities and mental health problems in Calderdale are been given the chance to develop their creative skills whilst making positive friendships during fun-filled music, dance and drama sessions run by Imagineer.

The weekly sessions, run by trained musicians and dancers include a range of different activities such as, drum circles, vocal sessions, project based art and craft activities, drama groups as well as getting people involved with Annapurna Indian dances – a set of fun, traditional and unique Indian dances.

Established 10 years ago, Imagineer is a voluntary community based organisation which provides support for local people with mental health problems. They use a range of innovative methods to help

people cope and improve their quality of life. Jonathan Milner, founder of the Beat it scheme said:

"This is a great project because not only does it help people gain new skills and confidence, it also gives people a chance to socialise and make lots of new friends. Often it can be very difficult for people with learning difficulties, physical difficulties and mental health problems to lead a normal life – but we are working with people to give them as much freedom and independence as possible, whilst being part of their community."

If you would like to join the Beat It sessions, or work with someone who would benefit from taking part, contact organisation director Nichola Dean on 01422 363817 to find out more.



Service users get into the groove at the music sessions.

Showcasing the impact creativity can have on dementia

People in Calderdale have been given a chance to share their personal stories about dementia by the Trust's creative partner – Verd de gris.

The 'Soul Journey' project offers local people living with dementia and memory problems the opportunity to explore poetry, music, movement and arts during creative sessions, whilst making friends with others in the group.

To showcase the impact that the creative sessions are having and dispel many of the myths surrounding dementia and its impact on people's lives, a film as well as a series of photographs and exhibition has been created. Renowned poet and playwright, Paula Sutherland as well as international photographer, Geoff Brokate, helped to make the film which features four people's experiences of living with dementia.

Filmed to a back drop of the Pennine landscape and showcasing the creative sessions, individuals share their stories, the impact that dementia has had on their lives and the positive benefits that they've enjoyed by being part of the Soul Journey project.

Group volunteer Shelley who attended the sessions said:

"As a volunteer my soul is touched one way or another in each session by the words, thoughts shared, a look of happiness, the discovered memories and laughter. The sessions involve beautiful poetry, art, old and new songs and sometimes dance or movement. As the sessions progress, people seem to almost physically change, standing or sitting tall, feeling so much more confident and not being "invisible." It is a joy for us all when the groups meet - we become a wonderful circle of friends. It has changed my perceptions of dementia and I am honoured to be there and learn so much from these wonderful people."



Service users enjoying the group activities

The film has been screened at a number of venues across the UK including, Manchester Central Library, National Media Museum, The Bluecoat Arts Centre Liverpool, West Yorkshire Playhouse, Hebden Bridge Town Hall, Creative Arts Hub Huddersfield and The Albany Deptford, London. It is also available for everyone to view on the Verd de gris website – www.verddegri.org/project/soul-journey

To share the learning from this project, a number of people from Verd de gris have also given talks across the country, highlighting the impact that a creative approach can have and the contribution that Creative Minds has made to creative dementia care.

Verd de gris is a not-for-profit creative arts company based in Hebden Bridge. They develop and deliver a range of art projects with people from across Calderdale including inter-generational projects, health and wellbeing work, and projects to bring different communities together through cross-cultural projects to increase levels of understanding and tolerance.

This project has also been put forward by Arts Council England for the National Lottery Awards 2015.



Putting on your dancing shoes at Newton Lodge

Service users at Newton Lodge in Wakefield are quite literally taking steps towards recovery by participating in fun, energetic and exciting Zumba sessions.

The popular dance workout sessions are run by experienced and qualified Zumba instructor Matthew Brammer, who also teaches at local sports centres in the region. Creative Minds funds Matthew's teaching expertise for two 45 minute sessions a week.

They take place in the newly-refurbished sports hall in Newton Lodge and are open to men and women across all of the unit's seven wards. There is also a dedicated session held on Johnson ward, a female-only ward, for women who would like to take part in single-sex classes.

Benefits of taking part in the classes – which are well attended by both Newton Lodge service users and staff alike – include improving mental health and wellbeing, developing confidence, and promoting social inclusion and independence.

Jo Barber, ward manager at Newton Lodge, said:

“The service users who attend the classes love that the workouts are reliable and consistent – they always have something to look forward to on a Monday or a Thursday. The classes have become embedded in their week. They especially like that Matthew is a qualified instructor – they say that it feels like a genuine activity that they could do at a sports centre in the community.”

Matthew has built up a really good relationship with the service users and some of them have even helped him to present the class. They love learning the dance routines and having a great laugh with our staff and each other. We always want to encourage service users to be physically active and move more, and this is a really fun way to do it.”

What is ZUMBA?

Zumba is a fitness programme which takes inspiration from styles of dance including salsa, samba and mambo to create fun and effective workout routines choreographed to Latin and International-style music.

About Newton Lodge

Newton Lodge (also known as The Yorkshire Centre for Forensic Psychiatry) is a 90 bed medium secure hospital based at Fieldhead in Wakefield. It provides care and treatment for women and men with mental health problems and men with a learning disability from across Yorkshire and the Humber.

Newton Lodge recently underwent a state of the art £15m redevelopment to provide a purpose-built and modern accommodation. The three year project involved the refurbishment and new build of four wards and the development of a £4.8m activity centre which includes the sports hall, a gym, art room, workshops and a music room.

“Creative Minds is unique as far as I know, we do work with other Trusts across the country and this is definitely leading the way as a way of benefitting their service users.”

“It gives you a reason to want to go on.”

“It just makes me feel better in myself.”

Boosting our CVs

A project which has successfully helped four service users gain a nationally recognised qualification in a range of subjects has now been rolled out across all forensic services at Fieldhead.

With the help of Creative Minds funding, service users in the Trust's forensic services are being encouraged and supported to complete ASDAN qualifications. The ASDAN (Award Scheme Development and Accreditation Network) qualifications offer people with mental health problems the chance to complete qualifications in a range of subjects, from literacy and numeracy to animal studies and football.

10 people are currently studying courses, which they complete individually, with support as needed from the team.

A service user who studied and successfully completed a course in life skills explained the positive impact this had on their life.

“The project has helped me so much – I am so happy to have learnt something new, at my own pace and in my own time – it's been brilliant. It has given me the confidence that I can do anything and has really given me a good insight into personal, social and health education.”

Ash Mahmood, occupational therapist assistant at Newhaven supported services users to access the ASDAN qualifications. Newhaven is an inpatient ward that supports service users with a learning disability to achieve their goals through a supportive, recovery focused approach.

Ash explained,

“These courses are a great way for service users to get to learn more about so many interesting topics and subjects.”

The project helps people in the long term – they have more knowledge and a qualification to take with them – which can open so many doors.

I would like to thank Creative Minds for this incredible funding which will now give more people across forensic services in the Trust a chance to get involved and join the project.”

If you would like to join the project or know someone who does please contact Ash on 01924 327070 or email arshad.mahmood@swyt.nhs.uk

The Trust's forensic services provide care and treatment in medium and low secure inpatient services for people with mental health and learning disability conditions, from across the Yorkshire and Humber region.

Beating the drum for musical fun

Wakefield Djembe Circle is Wakefield's only African drumming community workshop – and it's going from strength to strength with the support of Creative Minds funding.

The African drumming workshops are held in two one-hourly sessions. The first is at beginners' level and introduces health and safety and drumming techniques. Basic exercises are undertaken as a 'warm-up' and a means to improving coordination. Participants then progress onto learning African rhythms, with the aim of learning one new rhythm every two months. Attendance is structured on a rolling programme, so people who drop in can learn as few or as many parts as they choose.

The second workshop is delivered at intermediate level, where participants can drum at a faster pace, learn more complex rhythms, lead djembe, and soloing skills. Taking part in the sessions enables people to experience how music can have a positive impact on mental health, provides a new topic of discussion which everyone can relate to, and helps service users to develop a sense of achievement in a non-competitive environment.

Creative Minds funding was used to bring Wakefield Djembe Circle to Johnson ward – a female ward at Newton Lodge Wakefield.

Jo Barber, ward manager, said:

“We had a lot of women coming to the drumming sessions who had previously been difficult to engage with – however they were really interested in the drumming as it was a different type of activity.”

What is a djembe?

A djembe is a rope-tuned skin-covered goblet drum played with bare hands, which originated in West Africa. According to the Bamana people in Mali, the name of the djembe comes from the saying “Anke djé, anke bé” which translates to “everyone gather together in peace” and defines the drum's purpose. The djembe can produce a wide variety of sounds, making it one of the most versatile drums. The drum is very loud, allowing it to be heard clearly as a solo instrument over a large percussion ensemble.



Kirklees projects

Looking after those who care for others

The launch of a new project in Kirklees has increased the support available for carers of those living with dementia.

Run by the Trust's creative partner, We Do Creativity, carers aged 55 have the chance to attend a series of events that engage them in a range of art activities, designed to build their confidence, make friends and socialise. Information about support available in Kirklees for those living with dementia and those caring for them is also shared to ensure that people know how and where they can access support as they need it.

If carers enjoy participating in the events, they have the opportunity to sign up to the Kirklees "Culture

Simone Waller, events co-ordinator, from We Do Creativity said:

"Carers do such an amazing job, working tirelessly to look after their loved ones and we want to support their hard work and help give them a forum where they can socialise and make new friends."

We include different activities in each session from sociable coffee events and dances to art walks and other trips out."

Club", a membership club for anyone aged over 55 living in Kirklees, offering a broad range of art and culture events and activities throughout the year.

Culture Club aims to broaden people's horizons, encouraging them to try new things, make connections with other people and support them to live life to the full.

We Do Creativity is a small arts organisation based in Honley, which uses the arts and creativity to help improve wellbeing. They work with communities, health services and care providers to deliver a range of art and culture events for people across West Yorkshire.

History helps

Creative Minds has helped fund a project that has seen service users in Kirklees get creative using history to help improve their wellbeing.

The Pathways wellbeing walk project encouraged service users in touch with the team to join two groups, led by their peers and explore the local environment in which they live.

The footpaths group explored the surrounding countryside, examining how they could be improved and working together to do so. The group were invited to try their hand at dry stone walling as well as maintaining vegetation that grows around the pathways.

The history group focused their efforts on researching the local area, looking at the architecture of Huddersfield and famous historical events which occurred here. They created display panels showcasing what they'd found, which the footpaths group helped to install along selected routes.

The project has seen significant benefits for service users – helping to improve their social skills as they made friends, building their self-esteem and confidence as well as getting them physically active which has had a positive effect on their mood.

Social worker, Danni Wild, who has been leading the project said:

"It has been a really valuable project for service users who have directed the majority of the work that has taken place. During the project, we've also encouraged people to access the museum and local library to showcase potential volunteer opportunities that they may wish to follow up in the future."

I am so delighted that Creative Minds has helped fund this project – which has given people the chance to explore something that means so much to them."

The project was delivered in partnership with Pathways, Public Rights of Way and Kirklees Museums and Galleries.

Pathways supports people experiencing mental health issues in Kirklees, providing a person-centred, recovery-focussed service, guided by key workers who provide individual care plans and regular reviews to enable individual goals to be met.



Enjoying the wellbeing walk

One service user said:

"Working on the Pathways history project has been really fun and interesting, especially working on a project that has a tangible goal. Through working on the project, I have developed skills such as organising, planning, communicating effectively and getting my ideas across. The project has helped me to widen my knowledge of local history, leading me to explore areas I had never considered before."



The new boards installed.

Tour de Yorkshire inspires us to get on our bikes

Whether people have been inspired by the Tour de Yorkshire, or they simply want to get fit, cycling is fast becoming one of the most popular activities in Kirklees this summer.



To offer everyone the opportunity to embrace the cycling trend, Creative Minds and Kirklees Council introduced an Active for Life scheme that offers free cycling sessions to people with mental health conditions throughout North and South Kirklees.

Thanks to Creative Minds funding, state of the art bicycles and safety equipment is used in the sessions, which are run twice a week. Routes cycled during the sessions follow canal towpaths, greenways, bridleways and other traffic free routes throughout Kirklees.

Saul Muldoon, Senior Sport and Physical Activity Development Officer said:

"It's fantastic to see so many people enjoying the cycling sessions, these have now become so popular people are bringing their own cycles to take part. We've seen that cycling can really help improve people's health and wellbeing. Enabling people to access wonderful landscapes of Kirklees provides an opportunity to enjoy the outdoors and get active."

For more information contact Saul Muldoon at Kirklees Active for Life on 01484 234097

Pedal power: service users having fun cycling



Creativity and cycling . . . the facts . . .

- Regular cycling is a great way of improving physical and mental health. What's more as a form of transport it is easy to fit into a daily routine . . . and it's better for the environment than driving.
- As a low-impact type of exercise it's easier on your joints than running or other high-impact aerobic activities. However cycling can still give a great cardiovascular workout and burn plenty of calories.

Our 4x4 journey was inspirational

Service users have described a project which incorporated dance, music, storytelling, and visual art as "inspirational" to their recovery.

This innovative project was delivered by Dewsbury based South Asian arts organisation, Manasamitra for those with learning and physical disabilities in Kirklees.

The "4x4 Journey" project gave service users the chance to try their hand at 4 different arts – dance, music, storytelling and visual art during weekly sessions.

Each session was delivered by an artist specialising in that technique who shared ideas as to how people could integrate creativity into their daily lives, enabling them to experience the benefits they felt during these sessions, every day.

In total more than 100 people attended the activities which featured techniques such as interactive Bollywood and traditional dance classes, creative writing workshops, music production and visual art creation.



Getting traditional with dance.

A carer explained:

"It seems to make them a lot more confident in all aspects. People have enjoyed it so much" whilst another added "Most enjoyable, will be sad when it is over."

Supriya Nagarajan, Manasamitra's artistic director said:

"This was a unique, interesting and ground breaking project – the concept itself has been very adventurous. We have been able to use four different artistic approaches - including dance, music, creative writing and visual art to develop enjoyable activities to help boost wellbeing."

Feedback from carers and service users has been very complimentary and positive – which is fantastic. It has been great to hear that this project has had so many benefits for everyone who participated and we are looking at planning further events in due course."

Well into Words

The power of words is giving more people in Kirklees the chance to feel positive and improve their wellbeing.

Bibliotherapy – a technique of using fiction and poetry to support people with mental health conditions – has been rolled out to two more hospital wards in the Trust's locality. The project – originally based on ward 18 at Dewsbury and District hospital as part of a project with Kirklees libraries – has now expanded to Ward 19 at the hospital and to the Ashdale unit at the Dales, Calderdale Royal hospital.

Sessions are run over a 12 week period and include different activities from reading poems and stories, to looking at inspirational quotes and thinking about their meanings creatively to help with patient recovery. Those who take part are also invited to sign up to receive inspirational text messages intended to reduce isolation and loneliness.

Julie Walker, bibliotherapist, said:

“I think it's hard to say exactly what bibliotherapy is – it is not just about reading books – the project looks at using different ways to interact with people. It's a simple but effective way of using words to help people engage and develop their skills to help them feel better.

It fits really well with the goals of Creative Minds and we are so pleased that we can continue offering this programme to people, which wouldn't have been possible without this funding.”

The project is run by Kirklees Libraries and Information Centres, and was the first of its kind when it began back in 2000.

“You were a life saver. I don't know what I would have done without you, I was so stuck in the house, I felt abandoned.”

“It's not just a pleasant way of passing the time. I get really ill sometimes and I can tell you this works!”

“It helps me when I can't sleep. It makes you see how other people manage when bad things happen.”

What are the benefits?

- B**uilds resilience
- I**ncreases self esteem
- B**rings out peoples deeper thoughts and feelings
- L**ets people combat isolation
- I**mproves social skills and concentration
- O**ur model of bibliotherapy reduces inequalities
- T**he use of words can help to calm the agitated
- H**elps people to find the language to express their feelings
- E**ncourages and promotes inclusion
- R**elieves a service user from their illness to show the real person
- A**lleviates symptoms of depression and anxiety
- P**rovides an opportunity to support others
- Y**oung and old can benefit

Building resilience one step at a time

More than 80 service users have taken part in a project which uses art and creative workshops to help them build their resilience.

Run by the charity Huddersfield Mission, the project organises drop-in sessions and activities to support people with mental health problems to engage with creative activities such as art, music and creative writing and practical sessions such as IT skills, healthy eating sessions and discussion groups.

Through Creative Minds funding, the charity has been able to purchase additional art materials, cooking equipment and hire rooms for the activities to take place.

These sessions are just one of the ideas supported by the charity in their efforts to support people build their resilience.

A series of art projects including tea lantern making for the festival of light and the paints and pans group which combined cooking with art have given people the opportunity to express themselves artistically.

Other projects include the Mission's records initiative which gives service users the chance to create an album of original music and the good food, good health project which offers advice about how to make healthy meals.

Colin, who has attended the art group for two years, said: *“The activities are very sociable and we meet folk and get to know each other.”*

Alan, who takes part in art, writing and music groups added: *“I like being at the Mission art class making pictures. I like singing. Music, art, writing - it's all good. It makes you feel better.”*

Activities worker Samuel Moss who runs a number of the groups explained: *“Creative Minds has been vital for us to provide activities which are free and open access. Many of our participants cannot afford to buy materials or attend groups. They may be facing multiple disadvantages and challenges in their lives.”*

To find out more about any of the projects, contact Samuel at Samuel.moss@huddersfieldmission.org.uk

What is resilience?

Resilience is defined as an individual's ability to properly adapt to stress and adversity. Stress and adversity can come in the shape of family or relationship problems, health problems, or workplace and financial worries, among others.



The Space Between – on tour



Getting 'drama'-tic

With their unique dance and music sessions – the Locomotion Dance Company has seen great success with their latest project.

The Space Between project used creative arts such as drama and dance to help service users express themselves and deliver interesting messages about mental health on tour to large audiences. The dance and music pieces explored physical and psychological space, hence the name – The Space Between.

Through this project, service users who have experience of mental health problems, were not only given a chance to perform in front of others but in turn boost their confidence and experience a sense of pride as they could see what they'd achieved by attending this project.

Becca performed during the Space Between tour.

She said,

“I am a service user and an actor. I have been classically trained in ballet but some time ago, I lost my creativity.

To have a goal and achieve it, to feel free and be in a group where everyone trusts each other, all this has helped me regain my creativity tenfold. I feel so inspired and positive, so proud and excited to perform. It's had a positive effect on my mental health.”

Dance co-ordinator Gerry Turvey said:

“We have achieved the impossible. We have created a strong dance piece with an amazing group of people and have performed several times in public to great acclaim.

Creative Minds enabled us to have an ongoing project and space at Fieldhead. It's brilliant to work with people who create.”

The performance of The Space Between can be viewed on Youtube when searching for 'The Space Between - LocoMotion @ Hoot Creative Arts.'

“Creative Minds is about releasing that creative potential to support people's recovery.”

“This group has lifted my spirits, it's given me a lot of confidence and I get so much joy in it.”

Going beyond the garden gate

The Well Women Centre in Wakefield has been helping women in the district to increase their confidence and grow creatively through the use of art, poetry, music and drama as part of its Creative Minds-funded 'Beyond the Garden Gate' project.

'Beyond the Garden Gate' aims to assist women experiencing mental health conditions who feel as though they are "stood at the gate" – a metaphor for people who feel as though they don't have the confidence to go outside and be themselves as a result of the conditions they are experiencing.

Sessions are run by award-winning writer in residence Sarah Cobham, who brings with her a wealth of experience in both writing and empowering women – having worked as an English teacher for 22 years and been the host of several successful workshops for women to help them discover their voice.

Beyond the Garden Gate's unique selling point is that it encourages women to write creatively in the third person (for example, referring to 'he', 'she', 'it' or 'they', rather than 'I'). Writing in this way allows the women to further explore their feelings and emotions without having to explicitly write about themselves and their experiences.

The women from the group recently carried out this type of work when they visited Wakefield Museum to discover more about inspirational women – for example, the women who played a vital role in the UK miners' strike which took place in the 1980s. The women drew inspiration from the heroic behaviour of these historical characters and wrote several pieces from the perspective of the people they had learnt about.

Sarah also encourages the group to sing, as she believes participating in this kind of activity, which can often make people feel quite vulnerable and exposed, can give women a sense of empowerment when they reflect on having taken part in something outside of their comfort zone.

Participant Cathy with the artwork she created at a workshop with a 'hands' theme.



Sarah said:

"I have a lot of experience of dealing with women who don't have a voice, and I wanted to bring my experience of creative workshops to the Well Women Centre to empower local women. The funding provided by Creative Minds has made such a difference to the lives of so many women through our sessions."

The Well Women Centre is an organisation run for women, by women, with approximately 60 volunteers and 19 part time staff delivering services across the Wakefield district. In addition to being able to share experiences of being women, many of the staff and volunteers have first-hand experience of some of the issues and challenges faced by the women who use their services. The Centre's group work actively promotes peer support and encourages women who have been clients to return as volunteers when appropriate.

All Well Women Centre services have an emphasis on women learning about themselves in a relaxed way so they can actively participate in, and take responsibility for, their own wellbeing. The Centre also prides itself in providing services that are responsive to the varied roles that many women have - including those such as mother and carer.

Sarah plans to collect the work the women have put together to create group poems and postcards to display as part of the Well Women Centre's anniversary this September.

Cathy's incredible artwork up close.



Centre gives service users a sporting chance

A rarely-used recreational centre in Wakefield has been transformed into a hub of support and activity for disabled people in the district by Disability Sport Yorkshire.

Creative Minds funding enabled Disability Sport Yorkshire to turn Denhale Recreational Centre into a centre of excellence for disability sport, hosting regular bookings of inclusive activities for almost 30 hours every week.

Sports taking place at the centre include table tennis, bowls-style seated ball game boccia, and new-age kurling (an adapted version of the original game of curling which allows players to compete on any smooth, flat indoor surface).

Disability Sport Yorkshire also offers a variety of training – including preparing young disabled people who are just leaving education for the job market using sport as a

basis – and invites local organisations offering related activities to the Centre to encourage them to work with disabled people.

Kevan Halliday-Brown, chief executive of Disability Sport Yorkshire, said:

"There's around 60,000 disabled people in Wakefield and we found that a very large majority of them feel as though sport and sports centres are not suitable or accommodating for them. At our Centre, however, we welcome and support them – there are no centres like ours in the area. It has such an important role to play in the community. The project is really exciting and I think it will work really well as it grows."

Denhale Active Recreation Centre can be found on Denhale Avenue, Wakefield, WF2 9EF. Contact the Centre on 01924 372382.



A race to the finish.



Jumping for joy!

Young people's programme is a work of art

The iconic Hepworth Wakefield gallery has used Creative Minds funding to develop a new art programme aimed at engaging young people aged 16 to 25 who are at risk of, or are already classed as Not in Education, Employment or Training (NEET).

Their integrated youth programme was developed following feedback from young people who have taken part in previous projects and provides a safe and supportive environment for young people to access art based activities at the gallery.

Local young people can take part in activities carried out at their own pace such as sculpture, film-making, creative writing, music and print-making to help raise their aspirations and develop their employability, social and life skills. Participating in the programme, which takes place once a week, helps the young people to increase their self-confidence, independent thinking, and respect.

About The Hepworth Wakefield

The Hepworth Wakefield was opened on the banks of the River Calder running through the city in 2011. It takes its name from influential Yorkshire sculptor Dame Barbara Hepworth, and is the largest purpose-built exhibition space outside of London.

Creating Playful Memories

People in Wakefield have been invited to create 'Playful Memories' with the help of Wakefield-based Beam, an organisation which aims to celebrate and create a better understanding of the arts and design.

Four Wakefield community groups will share their memories and experiences of play throughout their lives to improve their sense of wellbeing as part of the project.

Artist David Boulton from BREAD art will be delivering the workshop sessions with Beam, directly working with older people from New Wells Social Group, Crigglestone Methodist Fellowship Group, Bevin Centre Knit & Natter Group and the Senior Citizens Lunch Group at St. Peter's Church in Stanley.

BREAD art uses light, sound and interactive technologies to create original and engaging pieces of work that invite discovery and encourage audience interactivity.

At the end of the project, artwork created in collaboration with the group based on the playful journey they have been on together with Beam and David and the memories they have shared and explored will be presented at a public exhibition in Wakefield city centre. The achievements of the groups – who will have increased creative confidence through meeting peers, sharing their memories, and learning new creative skills – will also be recognised at a special celebration event.



Enjoying participating in play.



Taking part in a session.

Taking up residence at The Art House

The Warwick Community Group, which aims to bring residents of the Warwick Estate in Knottingley together to make the area a better place to live, have been made to feel at home by Wakefield's The Art House following the recent success of their creative project.

The project was led by three professional artists - Carrie Scott-Huby, Bob Clayden and Fiona Oberon - who helped the local residents of Warwick Estate. Each artist brought a unique perspective, encouraging participants to engage with the environment of the Warwick Estate in creative ways, developing a sense of community identity, local pride and improving wellbeing.

Each artist led an independent but linked project:

Carrie Scott-Huby

Carrie worked with the group to develop a series of books inspired by the question 'What is important to you?' Participants were encouraged to think about what was important to them personally and to the environment of Knottingley. Each story was told using personal memorabilia and historical and contemporary pictures and text – resulting in the group becoming more confident and self-assured with their own creative self-expression.

Bob Clayden

Bob's contribution to the group involved using hi- and low-tech photography to create an alternative map of Warwick, charting the local area, its landmarks, stories and people. Bob took the team on a unique tour of the Warwick Estate with sketchbooks and digital cameras in tow, and helped them to garner inspiration from artists from a trip to Yorkshire Sculpture Park in Bretton. The images and ideas they generated were then put together to create a special vinyl window sticker for the Warwick Community Group's base shop in Knottingley.

Fiona Oberon

Artist Fi led creative sessions with members of Warwick Community Group exploring the identity of the group and their place in the local community. This reflection resulted in the group deciding to use recycled and upcycled materials to create customised furniture for their base shop, and individual light decorations to use in their own homes.

The Art House was established in 1994 by a group of artists with a vision to provide fully-accessible studio space, where disabled artists could work alongside non-disabled artists. Currently The Art House has over 200 artist members, many with a disability or life-limiting condition.

Find out more about **The Art House** at www.the-arthouse.org.uk



Taking a look through the books.



The group's unique light decorations.

CoActive-ly becoming small screen stars

Service users have become stars of the small screen thanks to a project run by Creative Minds partner CoActive in Wakefield.

The 'Moving through Film' project invites people with learning disabilities to take a creative journey through the history of film with the help of theatre practitioners and a cinematographer. The group take starring roles both behind and in front of the camera, exploring a variety of styles and techniques that have developed through the history of film and use these in creating their own work.

Sessions are hosted by CoActive, an arts organisation that celebrates the creative potential of people with learning difficulties. They provide classes and courses which develop the skills of their members, create and perform original artistic works, and provide training opportunities.

The group is currently mid-way through their second season, having enjoyed success with a previous cohort of 15 people who took part in the project from Christmas to Easter.

Sessions run weekly for two hours at Portobello Community Centre in Wakefield.

Over the course of the sessions, the group explore the history of film and develop skills in acting, directing and production for film - including early film, the silent film, the use of slapstick comedy and melodrama, development of film techniques to enhance storytelling for different styles of film, and techniques used in creating TV and advertisements.

Recently, the group have picked up some top tips from professional actors whose showreels boasted performing in pantomime at Wakefield Theatre Royal. Among the skills they learnt was how to make 'slop' (the industry term for 'custard pies') – which the participants combined with their new-found knowledge of silent movie filming techniques to create a slapstick-style shoot!

Creative Minds funding has enabled CoActive to purchase a sophisticated MacBook featuring modern iMovie software. The software has a number of 'shortcuts' which the group can learn to enhance their IT skills and movie-editing prowess.

Community artist and project leader Jody Gabriel said:

"We have had an awful lot of fun carrying out these groups. The great thing about the sessions is that they are fun and social and help people to learn new skills – for example, where to position a camera to get a perfect shot. People get to act and learn some fairly sophisticated camera skills and being able to see their work immediately on the screen has really helped with everyone's enthusiasm, self-esteem and confidence."

The feedback we receive is always really nice. The sessions are so rewarding for the participants – they can see the results of their new skills on film and reflect back on everything they have achieved within the group."

The group is planning to host a celebration event at the end of the year to formally recognise their achievements.



The group of CoActive performers.

Recovery college

What is a recovery college?

A recovery college is an exciting new way for our Trust to play a role in enhancing people's recovery from health problems and for us to further develop partnership working with our local communities.

We have four recovery colleges in our local districts – Barnsley, Calderdale, Kirklees, and Wakefield – that offer lots of different learning opportunities to help people on their recovery journey. We are also developing a recovery college within our forensic (secure) services.

The colleges are not just actual buildings – but are a focus for how we can, by working with our local communities, provide opportunities to support people. Each college has a base, with some courses being provided here, as well as at community venues across the local area.

Courses available at the recovery colleges have been developed and are delivered by people with experience of health problems, alongside people with professional experience.

The colleges will be developing and growing all the time – building on the strengths that are already in our local communities.

Find out more about our recovery colleges by visiting the website www.recoverycolleges.co.uk

What is recovery?

This is a very difficult question to answer because recovery, by its very nature, is unique to each of us.

- Recovery describes an individual's personal experience as they move towards living a meaningful life.
- It is firmly rooted in the local community and its success relies on equal partnerships.
- Recovery takes into account the struggles people may face as well as the creative paths they find helpful in their personal journey.

Why is recovery so important to the Trust?

In short, it is everything that we are here to do. Our organisation's mission is 'to enable people to live well in their community and reach their potential'.

That's essentially all about recovery. We believe that living well and reaching our potential does not need to be limited by a problem with our health.

What is the Trust's role in recovery?

We know that each unique individual has a unique view on what living well means to them. Our role is to help people gain greater control and responsibility for their future. It's about self-care, self-management and working in true partnership with people who have experience of health problems.

Want to take control of your health and wellbeing? Interested in discovering new skills? Why not try a free course at your local Recovery College!



Barnsley



Calderdale



Kirklees



Wakefield

Join Creative Minds today!

An invitation to become our partner

Throughout this magazine we've showcased innovative and forward thinking projects that have used creative activities to enable people to make a difference to their lives.

As we continue in our commitment to offer health services that utilise creativity in their approaches, we invite established voluntary/non-profit creative organisations and smaller community and self-help groups to help us do this by becoming our creative partners.

As a creative partner, you will work with the Trust to deliver transformative, meaningful and inspirational projects for people who use our services and their carers.

If you become a creative partner, the Trust can offer you a number of levels of support including:

- An opportunity to apply for financial contribution to enable you to deliver the project
- Networking opportunities
- Help with marketing and publicity
- Information
- Training of Trust staff to deliver the project

If you would like to find out more, please get in touch with us using the contact details.

An invitation for Trust staff

If your team has developed a project which will enable people you work with to improve their wellbeing, in an engaging, innovative and creative way, then why not consider applying for support from Creative Minds to get it up and running.

There are lots of teams and members of staff across the Trust already delivering projects in ward environments and community settings with support from Creative Minds, helping people to reach their potential and access the support they need.

Get in touch using the contact details below and we'll explain funding opportunities and support available.

Dawn Stephenson, director of corporate development at the Trust explained,

“The use of creative activities in healthcare has been shown to increase self-esteem, provide a sense of purpose, develop social skills, help community integration and improve service users' quality of life. Creative Minds supports our organisation to deliver a patient centred approach to healthcare, building resilience and helping people to keep well.

We really want to encourage local groups to get involved with Creative Minds. It's a great opportunity to work with the NHS and build on our existing practices of integrated working with local partners.”

Contact us

Please get in touch with us to find out more about our work, ask questions or just to let us know what you think of this magazine!



Email us: creativeminds@swyt.nhs.uk



Visit us: www.creativemindsuk.com



Call us: 01924 327 567



Like us: www.facebook.com/creativemindsuk



Tweet us: @allofusinmind #creativeminds



Look for our Trust at: www.Linkedin.com

Our Charitable Funds

The Trust has its own charity – Charitable Funds – which funds activities and resources for service users across Barnsley, Calderdale, Kirklees and Wakefield, that cannot be covered by NHS funding. Creative Minds is part of our Charitable Funds.



These can be things that simply enhance quality of life for service users or funding for equipment and activities that promote social inclusion and physical or mental health and wellbeing.

The charity is run for the benefit of people who use the Trust's services.

Would you like to be involved?

We welcome funds from a wide variety of sources including individuals and businesses. If you'd like to know more about the projects our charity supports or are considering making a donation, visit our website

swyt.co/charitablefunds



With all of us in mind