

Creative Minds



Developing creative approaches in our health services **with all of us in mind**

Welcome

The communities we serve have a long and rich history of using arts, sport and other leisure activities to enhance their lives.

As an NHS organisation, we are committed to the use of creative approaches in our health services. We have called this work Creative Minds.

The use of creative approaches in improving health outcomes has long been recognised and over the last few years there has been a growing recognition of this in our Trust. We know that creative approaches can improve the service we offer individuals.

Creativity can achieve high quality outcomes for people who use health services. The importance of engagement and involvement is highlighted and barriers between staff and service users can be broken down, levelling relationships.

Our creativity strategy, Creative Minds, shows our commitment to having a creative approach to delivering our services. It provides a framework for us to build on current good practice as well as encourage more opportunities to work with people who use our services and our partners. Together we can discover the rich untapped creative potential that is within individuals and our communities.

Through this work we can develop, build and use social capital to create and restore a community spirit that will really enable people who use our services to live life to the full.



Steven Michael
Trust chief executive

“My own creativity skills were put to the test when I spent time having my portrait painted by members of our Inspire art group. I also drew their portraits.”



Steven Michael, Trust executive

About our Trust

We are an NHS foundation trust, providing a range of community, mental health and learning disability services to the people of Barnsley, Calderdale, Kirklees and Wakefield. We also provide some specialist medium secure services to the whole of Yorkshire and the Humber.



A note from the editor

As a service user, I can say without hesitation that participating in creative activities has played an important role in helping me on the road to recovery.

The sense of self-achievement, the social interaction and being part of a cohesive group – all these factors have had a positive impact on my mental health.

Therefore, when I was asked to edit this magazine, I was happy to do so. It shows just some examples of the fantastic creative activities going on in the Trust, as well as background on our strategy.

I hope this magazine shows how committed the Trust is to providing worthwhile creative activities, thereby contributing to the wellbeing of its members and clients.



Bal Singh
Editor

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What is creativity in healthcare?

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 an individual's quality of life.

The Trust fully recognises these benefits and is keen to exploit them to their full potential. Our strategy underlines our commitment to a creative approach to service delivery as well as promoting more opportunities for individuals and groups to develop and grow creatively.

Where individuals have low expectations and poor self image, the sense of achievement found in creativity gives them a chance to move away from negative or self destructive patterns and start to write a new story that promotes recovery.

Definition of creativity

Creativity means many things to different people and can be defined in any number of ways.

For the purpose of our Creative Minds strategy, we are using the very broadest definition that would take into account not only the contribution of the arts, but also participation in sports and other physical, therapeutic and leisure activities that can promote health and wellbeing.



Peter Holmes with Pets as Therapy (PAT) dog Suzie

Examples of creative activity taking place in the Trust include:

- Digital photography
- Dance therapy
- Life story work
- Music groups and DJing
- Bibliotherapy
- Horticulture and gardening
- Visits from performing artists
- Walking groups
- Woodwork and joinery
- Archery
- Art groups
- Drama
- Football
- Exhibitions
- Creative writing
- Sculpture and modelling
- Cricket
- Knitting and sewing

This magazine highlights just some of the creative activities from all four areas of our Trust – Barnsley, Calderdale, Kirklees and Wakefield. These projects and initiatives provide a good overview of the diversity and quality of activity that our Creative Minds strategy aims to build upon and expand throughout the Trust.

An array of creative activity on ward 18

Boredom can be a problem for people in hospital. Yet the adult mental health inpatient Ward 18 at the Priestley Unit in Dewsbury, is well served by activity co-ordinators, Lee Lister and Kelly Sykes.

The wide array of on-ward and off-ward activities that Lee and Kelly have arranged, organised and implemented is quite amazing! On the ward, there are a variety of art-based and other therapeutic activities that can be undertaken one-to-one or in small groups. These include:

- **Sculpture**
- **Photography**
- **Painting**
- **Candle making**
- **Creative writing**
- **Reading**
- **Cooking**
- **Film nights**
- **Pets as therapy**
(thanks to Zak, the friendly German Shepherd dog)
- **Music**
- **Complimentary therapy, including head and hand massage**

Activities that take place off the ward include:

- **Seaside trips**
- **Boat trips in partnership with Safe Anchor Trust**
- **Horse riding**
- **Dewsbury Sports Centre sessions**
- **Visits to West Yorkshire Playhouse**



Reach 4 Dance entertain the Priestley Unit in Dewsbury

“ Creativity helps people to achieve things which they never thought they were capable of, and therefore increases their confidence. ”
Lee Lister

“ Creativity reduces boredom and isolation. It allows patients to express their emotions in a safe way. ”
Kelly Sykes

Ward 18 are well known in the Trust for their creative approach to healthcare. Alex Feather, Kirklees' inclusion development co-ordinator praised the work saying,

“ This team is a beacon of good practice. They generate a lot of good ideas. ”

There is also Nordic walking (read more on page 6), which Lee and Kelly introduced to Ward 18 four years ago, carried out in partnership with Active4life and Stretch & Flex.

Lee and Kelly were deservedly honoured in the Trust's 2009 Excellence awards where they were recognised in the 'Working with the voluntary sector' category and Kelly was also recognised in the 'Star for the future' category.



Lee and Kelly receive their award from writer and broadcaster, Ian Clayton



Hitting their stride at Fieldhead!

In 2010, the Trust launched a Nordic walking group based at Fieldhead in Wakefield to encourage service users and staff to improve their physical health and mental wellbeing.

Fieldhead is home to a wide variety of mental health and learning disability services.

Nordic walking – initially pioneered in the Trust by Ward 18 in Dewsbury - is a new and popular sport worldwide that, perhaps not surprisingly, originates from summer training for skiers in Northern Europe.

In charge of this activity at Fieldhead is the Trust's chief physiotherapist, Margaret Freeburn. From the outset, Margaret was confident of success,

“With the right support and encouragement, Nordic walking will be a popular way to engage service users and staff in making positive changes in their mental and physical wellbeing.”

Margaret's confidence was well justified as the activity has been very popular and has shown to improve heart rate and help relaxation, and, just as importantly, is enjoyable.



Margaret Freeburn (centre) with co-facilitators Alison Collings (left) and Nicola Peters (right)

What is Nordic walking?

Nordic walking is an outdoor walking technique using specially designed walking poles. It is one of the fastest growing recreational fitness sports in the world.

Originating from training for cross-country skiers, Nordic walking works your upper and lower body at the same time. It strengthens the back, legs and arms, and reduces neck and shoulder tension - all this while improving general health and wellbeing.

Exercise intensity is determined by upper body effort so people of differing fitness levels can walk and talk together while working to their own level with Nordic walking.

Because of the different levels and individual programmes Nordic walking is appropriate for rehabilitation, health purposes, weight management, improving physical condition, relaxing and boosting mental wellbeing.

Although you are using more muscles and doing more exercise, the effort is spread across your whole body and, therefore, Nordic walking can actually feel easier and less tiring than normal walking.

Live Arts Café

Based at Moorland Court in Barnsley, the Live Arts Café is a weekly cabaret-style social and creative evening for mental health service users and their families and friends.

The Live Arts Café is run by Action Space Mobile, a Barnsley-based community arts organisation, in partnership with South West Yorkshire Partnership NHS Foundation Trust.

The impressive array of events and activities includes:

- **Poetry reading**
- **Painting**
- **Drumming workshop**
- **Health service stalls**
- **Circus skills**

Refreshments even include a barbecue! In fact, there's something for everyone, with the emphasis on directly involving participants in a friendly environment which encourages social inclusion.

The feedback from service users has been very positive, the following comments being typical:

“ I really enjoy the Café. It has helped me meet other people and learn art skills I didn't know I had. I have meaning in my life now. ”

“ Coming here has given me confidence because I used to be scared to go out of the house. ”

“ It has opened a window in my “Pandora's box” which was closed for many years. ”



The Trust's chief executive Steven Michael enjoys the day with other staff and guests.

All in all, it can be concluded that the Live Arts Café – by giving people confidence, self-esteem, and the opportunity to try new activities and meet new people – is contributing positively to mental wellbeing.



James Brunt of Responsible Fishing shows off his stone balancing talents!



Growing success

Horticultural therapy is provided at a number of Trust settings, including two services at Fieldhead: the Horizon Centre and Newton Lodge.

Horticultural therapy is the practice of using gardening as therapy to improve both physical and mental wellbeing. Gardening helps physical health through exercise and fresh air, and boosts mental health through attaining a sense of purpose and achievement.

The Horizon Centre is a learning disability unit, and the horticultural therapist here is Richard Brown. One of the people he has helped is ex-service user and current garden volunteer, Peter McHale who gets stuck into everything from pruning and building sheds to watering the plants and cutting the grass. The confidence Peter has gained has enabled him to use his gardening skills at home as well and he often helps a neighbour in the garden and also tends to his sister's garden.

Peter said,

I feel happy when I'm gardening and I find it very relaxing.



Peter McHale tending to the garden.

“

Richard has a very positive overall view about the benefits for service users. It is rewarding for them to see the fruits of their labour. It is a personal achievement and something anyone can feel proud about.

”



Richard with gardener volunteer John Hepworth

Newton Lodge is the Trust's medium secure unit, and in charge of horticultural therapy here is Tony Howden. The gardening sessions offer a great deal of variety, are tailored to individual needs, and are both popular and successful.

“

Tony says, One of the most rewarding features of my role is to observe a person's sense of control over themselves and their environment develop through their interaction with the gardening environment.

Horticulture provides an opportunity for individuals to creatively and cathartically express themselves.

”



Tony and his team receive their award from writer and broadcaster, Ian Clayton

For his excellent work, Tony was a winner at the Trust's 2009 Excellence Awards, in the 'Making a difference – forensic services' category.

Dance movement psychotherapy

Dr Richard Coaten is the Trust's dance and movement psychotherapist and works in Calderdale's older people's mental health services.

As a specialist in dance and dementia, he runs music and dance-based sessions for older people with mental health issues, including memory problems, especially dementia.

The sessions – held in a friendly and supportive environment – are designed to help service users maintain existing mental skills and activities as well as the ability to reminisce and to continue living independently in the community.



Richard explained,
The sessions give people a chance to express themselves creatively. People get to communicate with others in sometimes very unexpected and enjoyable ways. Past memories and life experience are often evoked during the sessions. People connect with the songs and music, which allows them to remember things because of the way in which the memories seem to be stored in both the body as well as in the brain.

Richard's unique work has been recognised, both in the Trust – he won an award at Excellence 2009 – and internationally when in 2010, he gained the Winston Churchill Travelling Fellowship to present his work in Canada. This service has also been listed on the Department of Health's website demonstrating the Trust's commitment to innovative care practices, meeting national requirements in dementia care.



Richard receives his award from Ian Clayton

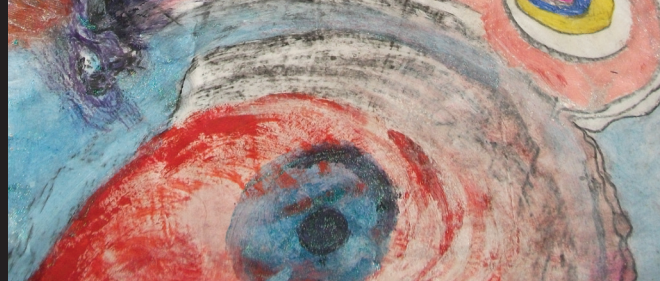


Richard trains members of staff



As well as dance psychotherapy, people have also enjoyed themselves at a tea dance

About our Creative Minds strategy



The main reason for developing the strategy was the desire consistently expressed by service users and carers for more creative approaches to understanding and supporting their health and wellbeing.

Our strategy has been produced in partnership with service users, carers and staff.

Huddersfield based arts organisation, HOOT also helped by facilitating workshops where they collected the views of our staff alongside people who use our services and their carers. This work supported the key themes of the strategy.

Why are creative approaches important to the Trust?

We know that:

- There is a wealth of talent and creativity amongst our service users, carers, staff and our members which can contribute towards making our community a more interesting and healthier place to be.
- Participating in creative activity within health services can begin a natural journey to taking part in mainstream creative activities in the wider community.
- Facilitating social inclusion in this way enables people to access those social, economic, educational, recreational and spiritual opportunities that they value.

“ Creativity is about telling something. We can all tell a story and that story will be as unique as the teller, in that way we create our own reality. ”

Ian Clayton,
writer and broadcaster

“ Muses gave us the arts not for mindless pleasure but as an aid to bringing our soul-circuit, when it has got out of tune, into order and harmony with itself. ”

Plato, Greek philosopher

The national context

Over the last 10 years, a number of Department of Health papers have set out a vision that promotes a broad view of health, including the role that creative approaches and activities contribute to the wellbeing of individuals and communities. In 2007, this led to a national arts, health and wellbeing strategy. It aimed to:

“ integrate the arts into mainstream health strategy and policy making, in order to make the case for a role for the arts in healthcare provision across the whole country and for a wider remit for the arts in terms of healthy living and wellbeing. ”

Local context

The Trust's Creative Minds strategy is necessary, not only to respond to national guidelines, but also to ensure that the impressive level of creativity already used in various areas of the Trust becomes more systematic, more accessible and, where necessary, is improved upon.



How we developed our Creative Minds strategy

The details of the strategy were developed after workshops with service users, carers and staff were held in Calderdale, Kirklees and Wakefield in October 2010. Participants were asked 4 questions:

- What is your creativity?
- What impact does it have on your health and wellbeing?
- Should there be more or less of these creative activities?
- If more are needed, what and where?

It was clear that creative activity was important for the vast majority of the 76 attendees at the three events. The following selection of quotes from the Kirklees workshop (the largest of the three) is typical:

“Creativity is powerful stuff which leads to psychological wellbeing – something I can confidently say as head of a creative organisation for 10 years.”



Phil Russell, head of HOOT and facilitator of the workshops

“Creative activity helps people – it improves how they feel about themselves. All forms of creativity give people self-dignity and self-achievement.”



Chris Ide, carer

“Creativity helps to promote self-awareness which, in turn, helps you to address personal issues.”



Richard Jones, service user

All the feedback received was collated and analysed. The main findings – which now form a key part of the strategy – included that:

- There is clear evidence that participation in creative activities does have a positive impact on health and wellbeing
- There is a need to ensure all the Trust's districts have equal opportunities for creative activity and learn from each other's good practice
- Creative needs in all our services need to be met, and again, services can share and learn from each other's good practice
- Staff need to be aware of the advantages of including creative activities in service users' care plans
- There needs to be regular consultations, like the workshops, to see how well the strategy is working in practice.

Our new services

Since we held the workshops and developed our strategy we were delighted to welcome a range of NHS services to the Trust, including all community and mental health services in the Barnsley district. This was as a result of the government's plans to transform the way community health services are provided to improve quality of care and outcomes for patients.

This means our Trust has welcomed dedicated teams of staff who have brought with them a wealth of expertise, experience and skills which add value to the services and care we provide to local people. The services that have joined us have fantastic experience of using creative approaches and so it brings more benefits for all our districts to learn from and inspire each other, for the benefit of people using our services.

How our strategy supports our Trust's strategic objectives:

- It wholeheartedly supports the Trust's mission to enable people who use our services to live life to the full.
- It supports our vision for the Trust to be the service of choice for service users, the employer of choice for staff and organisation of choice for commissioners and partners.
- Our business objectives help us achieve an expanded role in the delivery of local pathways and utilise expertise to develop specialist services.
- It will help us deliver strategic outcomes with regard improving the health and wellbeing of our service users and influencing the wellbeing of the communities we serve.
- Creative activity can improve the service user experience, engaging them in the design and delivery of services.
- It strengthens the Trust's position in terms of creative approaches amongst other healthcare providers nationally and we will be providing thought leadership on many of the approaches.

Our strategy can be read in full on our website at
www.southwestyorkshire.nhs.uk/creativeminds



Recovery through reading

Reading benefits people in a number of ways: it exercises the mind; it takes one away from everyday life and problems; and it engages emotions. Furthermore, it encourages both independence and social interaction as people may want to discuss what they have read.

These advantages have been recognised by the Trust, which has organised a number of reading groups. In Wakefield, the 'Recovery through reading group' is run by the Trust in partnership with Wakefield Library Services.

“ One member of the group said:
I found the reading group highly enjoyable and constructive. It was great to be in a relaxed environment where a diverse group of people exchanged thoughts and opinions on a range of literature. It was a lovely confidence builder and a good way of achieving goals around communication. ”

Such has been the success of this reading group that at the Trust's 2010 Excellence awards ceremony, they not only won the partnership working category, but were also the overall winners from all categories.



Overall winners of Excellence 10 - Recovery through reading group
Pam Berg, Lynne Holroyd and Sally Hall with Ian Clayton

The effectiveness of bibliotherapy is well established and has been recommended by the National Institute of Clinical Excellence (NICE) as a useful early step in a care programme and an example of how patients can be encouraged and empowered to manage their own healthcare.

What is bibliotherapy?

Bibliotherapy uses an individual's relationship to the content of books and poetry and other written words as therapy.

The basic concept behind bibliotherapy is that reading is a healing experience. It was applied to both general practice and medical care, especially after WWII, because the soldiers had a lot of time on their hands while recuperating. The soldiers felt that reading was healing and helpful. The books are said to have kept individuals busy and they seemed to be good for their general sense of wellbeing.

Even in ancient Greece, books were being used as a form of therapy and it's no coincidence that Apollo is the god of both poetry and healing; nor that hospitals or health sanctuaries were situated next to theatres, most famously at Epidaurus, where dramatic performances were considered part of the cure.

English writer Ted Hughes also believed in the power of the arts and described poetry as:

“ Consisting of things we don't actually want to say but desperately need to share. ”



The Good Mood Football League

Formed in 2008, this remarkable 5-a-side competition has been a run away success!

The league is made up of 9 mixed teams of service users and staff, thereby immediately breaking down barriers. Indeed, service users are involved in all aspects of the league, including decision making.

Thanks to The Zone in Huddersfield – where the majority of matches take place – the league has obtained funding from the New Football Pools which means that it is now affiliated to the Football Association.

In addition to The Zone, matches have also been held at Dewsbury, Cleckheaton and more recently, across the Pennines in Manchester, competing against Lancashire teams.

The success of the Good Mood Football League was recognised in the 2009 Excellence Awards where it won in the category of 'Making a difference – adult services.' Not surprisingly, service users and staff involved in the league have been unanimous in their praise.

Research has proven that exercise can have a positive effect on people's mental health; the football league has encouraged more people to become active.



Abboo Bhana, equality and inclusion team manager

It's good for fitness and making new friends. The games are competitive because everyone wants to win but it's really good fun.



Rob Maitland, current player (striker) with the team 'Access 100'



The formidable 'Access 100' team from Dewsbury being presented the winning trophy by Trust chief executive Steven Michael





Dramatic goings-on at Pathways!

Since its formation in 2010, the drama group based at Pathways day services in Mirfield has built up an enviable reputation. Twice, the group has had celebrity guest, ex-Emmerdale star Ursula Holden-Gill (who played Alice Dingle) to lead a drama workshop.

The session was arranged by Julie Walker, bibliotherapist for Kirklees libraries and Sarah Taylor an activity co-ordinator for the Trust in Dewsbury.

Day centre officer Jenny Strickland, who works at Pathways, said:

“Having Ursula attend once was great, but for her to come back and offer even more of her time and knowledge is a fantastic opportunity for our acting enthusiasts. The range of meaningful activities that are on offer to people who attend Pathways are instrumental in boosting confidence and self esteem and developing existing or new skills. This workshop will be another opportunity to boost mental wellbeing at the same time as getting top tips from a professional actress.”



The workshop and the regular Friday afternoon group sessions have helped service users in improving their self-esteem and confidence.

One of the participants, Peter Ellis, commented,

“The drama group allowed me to express myself in a way that I had not been able to before. Also, I made many friends and the group felt almost like a family.”



Ursula putting the group through their paces



Members of the drama group trying their hand at warm up games

Creative filmmakers showcase their talent

Helen Chamberlin and three fellow service users at Moorland Court in Barnsley have made a short film about their thoughts and experiences of mental illness.

Attending Moorland Court has given them the self-confidence and teamwork ethic required to undertake this project.

One of the team, Ian, decided to begin the film in Barnsley town centre, showing the feeling of claustrophobia/agoraphobia and the oppressiveness of loud noises that mental illness can induce.

On the other hand, the film emphasised that Moorland Court was a safe and peaceful haven for these four service users. The production also had special effects to illustrate the feelings of mental illness. Still photos from the film are shown on this page.

The service users involved clearly derived a lot of therapeutic benefit from this project as the following quotes illustrate:

“ This project gave us all the opportunity to put forward our varying points of view and helped us to display our experiences of mental ill health. I experienced a great sense of achievement on completion of the film and I know that we all hope to pass our newly found skills to others at Moorland Court. ” *Helen*

“ We got the knowledge to teach others and also gained valuable insight about ourselves. ” *Wendy*

Quite apart from being a magnificent and moving achievement in itself, the film is now going to be used as a blueprint for further productions and as a future method to support recovery.



Moorland Court



Being creative in a relaxed environment



A still from the short film



Archery hits the spot!

Pathways Day Services in Mirfield offers a wide range of creative activities for service users (including drama, see page 14) but surely the most unique is archery.

Accordingly, archery has always been one of Pathways' most popular activities, but how does it relate to mental health?

Sabir Makda, Pathways' professional archery coach said,

“People are often surprised that we use archery to help mental health service users. But it is great for boosting concentration and although it might look easy, it requires a lot of strength and skill!”



Sabir teaches the technique



Pathways teach people to load bows and score, as well as to shoot. Sabir continued,

“The concentration involved in the sport really eases mental health problems. There is also an element of self-achievement and personal development – you compete against yourself. It's been great to share that with people.”



Using the arts in dementia care

The ADAPT project – Arts and Dementia Access Project (ADAPT) is a prime example of how art, drama and dance can be used to improve the quality of lives of people with dementia. This project aims to increase the range of creative activities in inpatient and day services and it is run by Wakefield older people's mental health services.

The project began in October 2010 with Trust staff at community units being specially trained in the arts. A range of activities and events were planned, including a performance of the 'The Land Army Girls' by the Badapple Theatre Company, which patients had the opportunity to join in with – there are more performances planned as well as educational talks and tours at the Yorkshire Sculpture Park.

Staff in the Poplars and Sycamores units have been busy implementing the ADAPT project, including art sessions exploring sculpture, painting and other forms of art. Without doubt, the project is proving to be a success.

Paula Rylatt, specialist practitioner at the Trust: said,

“Creative activities can make a significant difference to the wellbeing of people with dementia as they can help improve mood, behaviour and aid reminiscence.”

Gary Cromack, co-ordinator of education at Yorkshire Sculpture Park said,

“I have got a lot out of this project, including that first impressions and expectations are dangerous things to base expectations on.”



Two of the performers from the Badapple Theatre Company



Gary Cromack from the Yorkshire Sculpture Park helps out



Getting creative in an art session at the Poplars unit in Hemsworth



Displaying a passion for art

At services across the Trust, including Fieldhead at Wakefield and Folly Hall in Huddersfield, the Trust publicly displays art, poetry and photography produced by service users.

This provides immediately visible examples of the high standard of creativity that exists in the Trust; the walls of Trust buildings could not be better adorned.

Many individuals and groups have been involved in this artwork. One artist who has had a number of items of his work displayed at Fieldhead is Bob Barraclough.

“ Bob was clear about how art had helped him, Art really is therapeutic and a great way of expressing your own character. ”




An invitation to our creative partners

Our Trust aims to support voluntary and community organisations to deliver, in partnership with Trust staff, a programme of creative approaches and sessions to people who use Trust services and their carers.

The aim of the programme is to ensure there is a strong infrastructure of community organisations able to work with the Trust, providing excellent creative projects for people who access our services.

To enable this we have a Creative Partners Investment Programme (CPIP). This will provide opportunities for the Trust to provide match funding for innovative creative projects that our voluntary and community sector colleagues might want to develop with us.

If you are interested in becoming a creative partner please contact the inclusion team on **01924 328656** or **e-mail inclusion@swyt.nhs.uk**
There is also more information on our website.



Our
commitment
to

Creativity

We want the Trust to be recognised as a beacon of good practice for its work in promoting and developing the creativity agenda.

We want to provide a range of creative approaches and activities at all levels within the Trust that promote positive mental health and wellbeing in the communities we serve.

Key objectives

- We will promote increased access and participation in creative approaches and activities for people who use our services, both within the organisation and the wider community.
- We will support, develop and articulate quality creative practice and approaches within the organisation.
- We will develop a research/evidence base that helps demonstrate and promote the benefits of the creative approaches in relation to mental health and wellbeing.
- We will develop increased mainstream and inter-agency partnerships for creativity and health projects, to bring in more funding for creativity and wellbeing through alternative sources of funding.

www.southwestyorkshire.nhs.uk/creativeminds

