



Creative Minds

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



Welcome

I am pleased to introduce the third edition of our Creative Minds magazine. As you explore the pages of this issue, I hope you see the impact that creative projects, initiatives and activities are having on people in our local communities, helping them to reach their potential and live well. I hope you will be inspired by what can be achieved through activities such as these; I know I certainly am!

Since we first launched Creative Minds in 2011, we've developed some fantastic partnerships that are really helping us to deliver a service offer to local people that helps them to reach their goals.

We all have something inside of us that responds to creativity; this may be through sport, dance, art, writing or outdoor activities. Because we are all different and respond to different things, as an organisation, we need to make sure we can offer a wide range of activities that appeal to our diverse communities. Creative Minds is a framework that allows us to do just this.

Working in partnership is really important to our Trust and the strength of our partnerships with other organisations and groups means we are able to offer a range of innovative wellbeing opportunities, under the umbrella of Creative Minds. 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 31.

I have seen first hand the incredible difference that Creative Minds is making to individuals and I am proud of what has been achieved. Creative Minds is about so much more than just taking part in an activity – it's also about encouraging active participation, reducing social isolation and enabling people to make new connections within their community.

There is a huge amount of evidence and research that highlights the best outcomes can be achieved for an individual if we look at them as a whole person. So, we need to provide the very best care and treatment when they need it but we also need to look at what else they need to improve and maintain their wellbeing.

With very best wishes,

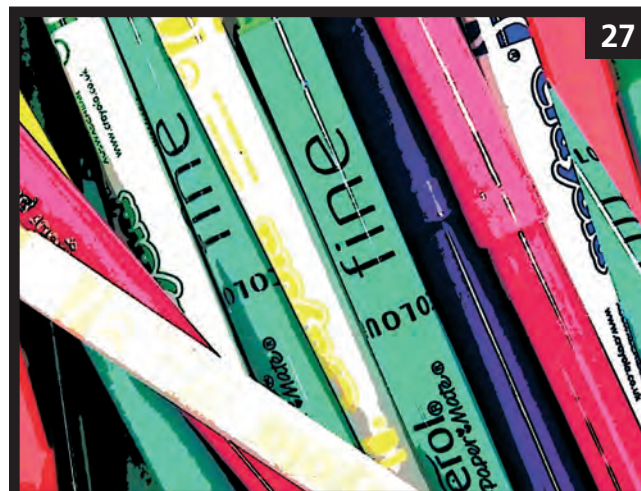
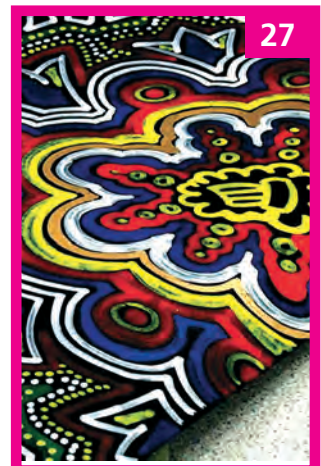
Steven



Chief executive



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“The group is an opportunity to socialise with others, make connections with people and express your creativity”



Creative Minds



Taking part in the activities at Mount Vernon hospital

Kudos for Qdos

Barnsley-based creative workshop organisation Qdos Creates has been helping to host a number of activities aimed at boosting creativity and inspiration in service users.

At Kendray hospital in Barnsley, activities including creative movement, singing, poetry reading and writing and drama were organised and run at the Oakwell centre to give people the opportunity to build self esteem and confidence through arts.

The project builds on the success of previous groups and taster sessions run at the Oakwell centre which received positive feedback from service users and staff. People can join in with the activities as part of a small group or on a one to one basis at regular weekly times, with activities tailored to meet people's changing needs.

Karen Khamis-Burtoft, senior occupational therapist at Kendray hospital, explained: "We applied for funding from Creative Minds to allow us to regularly provide creative sessions which had evaluated really well with service users who had already taken part in them.

"Through this project, we are able to offer weekly sessions that people can

engage with as they choose to, which will broaden their knowledge and experience of creative activities."

At Mount Vernon hospital in Barnsley, occupational therapy staff worked in partnership with Qdos Creates to introduce a series of creative workshops to help service users unlock their creativity.

As part of the project, Louise Edwards from Qdos Creates runs sessions every Wednesday on two of the wards at Mount Vernon hospital offering people the opportunity to try their hand at various creative activities. The sessions are specifically for older people who need physical rehabilitation and those with cognitive impairments such as memory loss.

Paul McLaughlin, occupational therapy team leader explained, "The service users I have spoken to about the sessions are full of praise for them, saying that taking part gives them a lift and a focus for the day.

"Ward staff who help facilitate the groups have also reported the benefits that service users are getting from taking part including increased levels of stimulation and motivation which in turn means people are more willing

What is Qdos Creates?

Qdos Creates has been delivering performances, workshops and accredited courses regionally and nationally for young people and adults since 1995. Their challenging and innovative work has tackled issues such as peer pressure, bullying, domestic abuse and racism through creative activities, helping participants to make informed decisions about their lives.

to participate in therapy activities run during the rest of the week."

CAMHS (Child and Adolescent Mental Health Service) in Barnsley have also been working with Qdos Creates to engage young people in new activities to help them express their personal journeys and goals. As part of this project, Qdos Creates run creative workshops on a weekly basis which are open to all those who use the CAMHS service in Barnsley. The fun and upbeat sessions work to engage people in skills based activities such as singing, drama, dance and poetry.

During the workshops held so far, young people have had the chance to play different musical instruments, design their own posters to encourage others to join and create a film to showcase what happens in the sessions.

To find out more about the work of Qdos Creates, visit www.qdoscreates.com

with framing group

Gardening for health

Horticultural therapy uses gardening and horticultural activities, such as planting greenery and garden maintenance, to help service users with their rehabilitation. It's used in a variety of ways across the Trust, and these three projects have used Creative Minds funding to help our service users grow plants and grow in confidence!

Ready, set, garden!

Service users have been given the green light for gardening in Kirklees with the help of Creative Minds, which has contributed to the funding of gardening project 'Green for Go'.

The project, run by Groundwork Leeds, focuses on helping people with learning disabilities and mental health issues to learn new horticultural skills through volunteering in the community.

Green for Go helps to increase volunteers' confidence, teaches

them new skills, and offers them the chance to engage with new people and members of the community to improve their social wellbeing.

Green-fingered volunteers in Huddersfield tend to their own allotment near Paddock Village Hall and participate in community projects across Kirklees including helping in the garden at Lyn Royd Sheltered Housing scheme. Dewsbury volunteers do their bit by helping to maintain Crow Nest Park.

The groups' efforts also help them to work towards an accredited NOCN qualification in 'Using and Maintaining Garden Tools'. The volunteers learn how to identify, clean and safely put away a number of garden tools and learn which tools are best for which task in order to earn their certificate.

Becky Houlding, community co-ordinator at Groundwork Leeds, said: "One of the biggest things we've found the course brings to people is increased social skills, confidence and self esteem in our volunteers.

"Many people in the group have different skills so when they come together it really works. Service users families have told us that they are now much more talkative about their days and have really grown in confidence."

If you would like to find out more about joining Green for Go, contact Becky Houlding on 0113 238 0601.



Service users tend to their allotment



The Green for Go team at their plot on Paddock Allotments



'Allot' of health and happiness

The vegetables found in allotments are usually considered good food for a healthy lifestyle, but it's actually planting the seeds in the ground that has been helping service users in Kirklees to lead better lives. Gardening for Health, led by Holme Valley Gardening Network, provides enjoyable outdoor allotment activities for people with mental health conditions at two sites in the district – Wooldale and New Mill.

Taking part in digging, sowing, planting, harvesting and even outdoor cooking encourages service users to get outside and fill their lungs with fresh air to improve their wellbeing. Other benefits include being able to take ownership over caring for the life of a plant and socialising with others in a calm and peaceful environment.

Holme Valley Gardening Network was set up in 2009 through a passion for working the land and all the benefits it offers both the environment and individuals. To find out more about Holme Valley Gardening Network, visit www.holmevalleygardeningnetwork.org

My experience

"I just get peace from coming outside. The ward can be quite stressful – there's only so much TV you can watch and card games you can play. I've always liked gardening – I've got green fingers. Coming out to do the activities is like looking after my own garden."

Service user

Horticultural therapy

"I enjoy horticultural therapy as it gets me outside. I especially like it in summer but I do also enjoy the winter jobs! When you see a job through to the end it makes you really proud to see it finished."

Service user



Growing sunflowers at Newton Lodge

My experience

Tony Howden has been a horticultural therapist with the Trust for seven years. He explains horticultural therapy and the benefits it can have on service users:

"Horticultural therapy involves going outside and carrying out a variety of gardening activities. My sessions include growing vegetables and flowers, looking after plants in our polytunnel and maintenance such as pruning roses.

"The benefits it brings to service users are endless – just being in an outdoor environment with fresh air is positive. It also helps them to gain social skills and learn how to work as a team. It brings the service users a sense of freedom as they can just wander around the garden and be themselves."

The ABLE Project – Wakefield's secret garden

Based on Calder Vale Road in Wakefield, it's hard to believe the ABLE Project's environmental haven lies just a dirt track away from the busy city centre!

The project recently celebrated its 10 year anniversary – recognising a decade of offering positive life experiences to service users through sustainable projects, social interaction and outdoor activities. A number of projects take place on the site, including Creative Minds funded 'Learning to Grow', giving service users with a variety of needs a breath of fresh air through working with nature.

Doing things a little differently

Two of the most interesting growing processes the project pioneers are hydroponics and aquaponics. Aquaponics is the process of fish such as koi carp, tilapia or even goldfish creating nutrient-rich water in a tank by depositing their natural waste. This water is extremely beneficial to a variety of plants, which are placed in the water after the fish have finished to sail on top in floats.

Hydroponics is the method of growing the plants using the fish water – no soil is used, however the plants flourish and bloom quicker than they would if they were placed in the ground. The plants then harvest the nutrients from the water leaving fresh, clean water known as 'aquaculture' to put the fish back in!

The ABLE Project also offers people the chance to try their hand at more traditional methods of harvesting – including growing fruit, vegetables and herbs, which are then sold in healthy vegetable and salad boxes. The site is also home to a host of exciting wildlife including birds, reptiles and mammals. Red kites and owls have been spotted



Feeding the fish at The ABLE Project



In bloom at The ABLE Project

at the site, and the group ensures they keep returning by building bird nesting boxes and tiles for reptiles to shelter under, along with laying down plants, food and water to keep the site attractive to animal visitors.

Looking to the future

The ABLE project is now looking to expand its facilities and sustain its environmental credentials with new allotments, polytunnels and fish tanks. Also on the drawing board are plans for a series of interactive trails, showcasing art sculptures and wildlife information for visitors.

Steve Hemingway, manager at The ABLE Project, said: "We hope to create as many sustainable projects as we can with the help of the service users. It's really worthwhile for them to be outside among the nature and wildlife, and working with other people really boosts their social lives."

Visit www.theableproject.org.uk to find out more

Service users have confidence down to a fine art

Creative Minds funding has been helping service users in Halifax get state-of-the-art support from a creative class.

The 'Art for Wellbeing' project allows service users to access art classes in a supportive environment to combat the social exclusion, stigma and lack of resources that they would otherwise often face.

The project is run by 'The Artworks', an independent art school championing the revival of the British Art School from its base in an industrial textiles mill in Halifax.

'The Artworks' tutors are skilled at engaging with service users to produce quick and positive results, and support service users who wish to continue into mainstream classes. The classes are open to anyone with an interest in art, regardless of their perceptions of their drawing ability.

A service user who regularly attended the classes highlights why they are so helpful:

"Having always been laughed at and told I could not draw, I was very apprehensive and nearly didn't come. I was in tears on one of the art sessions because of how people have made me feel previously. Staying was the best decision of my life. In two short weeks I gained confidence and pride and the wonderful world of art has been opened up for me.

"I really enjoy drawing and have found myself going to bed and drawing instead of staying awake all night. It helps to focus my mind on something other than mental health issues. I have suffered for many years and relaxation tapes, yoga, counselling and



hypnotherapy haven't helped - drawing has really helped to improve my ability to relax."

Following a successful pilot, which saw the classes oversubscribed with enthusiastic service users, the project now runs a range of classes aimed at nurturing various levels of artistic skill.

Classes include introductory Art for Wellbeing, Levels 1-3 (beginner, improver and foundation) and a year-long Practice for those with outstanding talent.

The pilot demonstrated the benefits of Art for Wellbeing with: 70% of participants stating that the sessions had helped improve their mood; 73% felt improved confidence, and 82% felt better in themselves. Asked to select words

Service users taking part in workshop

that best described their mood, "unsure", "anxious", "tired" and "nervous" were the most frequently-chosen words before the sessions; "Uplifted", "positive" and "confident" were the top three words chosen after.



A ram's skull used for sketching inspiration'

Healthy minds, healthy lives...

A series of support groups have been helping people in Calderdale develop tools to relax, de-stress and manage their mental health experience.

The support groups are organised by Healthy Minds, an independent charity and each group has a central theme.

The six support groups currently running allow people to use creative activities to reflect on situations they've experienced, encourage discussion with others and to explore tools they could use to help them cope with these. All groups are run in accessible and relaxed environments.

Volunteers who have experienced mental health issues were recruited and trained by Healthy Minds to help run the groups – giving them an opportunity to utilise their experiences when developing activities.

The support groups currently running include:

- Hearing voices
- Bi-polar
- Depression
- Mum time
- Wellbeing works
- Women's group

Each group progresses at its own pace, with agendas and programmes set by participants, reflecting their current recovery journeys.

Jenny Fagan, a Trustee at Healthy Minds explained, "Due to the stigma associated with mental health, people can find it less threatening to engage with a group offering different creative activities, such as writing and craft and through this explore different techniques for managing their difficulties and

improving their mental wellbeing.

"By attending, we hope to increase peoples' choices for recovery, reduce isolation and strengthen social networks as well as increase peoples' resilience to difficulties as they reflect on how they can utilise creativity and coping strategies that have been explored during the groups."

Find out more about the support groups, including times and venues when they are running at www.healthymindscalderdale.co.uk

“By attending, we hope to increase peoples' choices for recovery...”

Sharing memories of happy places

To encourage older people in Wakefield to share stories about their life, places that have been important to them and milestones they've experienced, they were invited to join the happy places community group.

As part of the groups' activities, attendees were encouraged to use their creative, artistic and photography skills to tell their stories. A calendar was then produced which depicted people's creations and stories. The calendars flew off the shelf and money raised from their sale has been used to support the groups since.

The happy places group is run by Rosanna Ward, a health care assistant and John Nutton, a support worker, who developed their skills in running health programmes utilising arts and creativity through a number of other Trust projects including ADAPT – an

arts and dementia access project and Vivify. Both of these projects also received support from Creative Minds and you can read more about them at www.creativemindsuk.com

Rosanna explained, "We invite older people in the Wakefield district who are in touch with the Trust's mental health services to join the happy places group as it is an opportunity to socialise with others from their community, make connections with people and express their creative sides using photography and art work.

"The group is also an opportunity to improve peoples general wellbeing – not only by reducing isolation and providing them with active, mental stimulation but also physically, encouraging healthy eating and providing opportunities to be active."



The happy places calendar

To find out more about the happy places group, contact rosanna.ward@swyt.nhs.uk

Shall we dance?



The shall we dance project is aimed at encouraging adults and older people in Kirklees to try out Latin American and Ballroom dances such as jive, quickstep and the waltz. The project encourages people to come together and enjoy the health and wellbeing benefits that dance can bring.

To ensure the sustainability of the project and to increase community ownership, group members can train as 'leaders' to provide dancing as an

opportunity for people in a variety of settings across Kirklees.

Part of the project also includes the production of a DVD, involving group members to highlight that anyone can take part and enjoy the activity. The DVD will help future trainers and participants to remember steps and will also be used to encourage people to try dancing in their own environment.

What are the benefits of dance?

Dance is known to have a positive effect on overall general fitness, muscle strength and balance. The social element of dancing also increases self esteem, confidence and communication skills.

Singing for health in Wakefield

People in Wakefield have been practicing their harmonies as part of a choir aimed at improving the overall health and wellbeing of service users, carers and staff in Wakefield. Led by music-based charity Hoot, the aptly named 'Harmony' choir have been making music together since June 2013, and have gone from strength to strength ever since.

Paula Rylatt, specialist practitioner at the Trust explained, "The Harmony choir is a great opportunity for people to come together to enjoy singing; which has a real positive impact on health and wellbeing. Along with boosting confidence and self esteem, singing is also known to reduce stress, increase lung capacity and improve posture.

Did you know?

Singing is a great way to keep in shape as you are exercising your lungs and heart. Not only that, your body produces 'feel good' hormones called endorphins, which rush around your body when you sing. It's exactly the same when you eat a bar of chocolate. The good news with singing is that you don't gain any calories!



The Harmony choir hit the high notes!

"As well as the health benefits of the choir, it's been a great way of promoting better connections and understanding between people who access Trust services and staff."

Following an evaluation of the project so far, there has been some great feedback from service users, carers and staff, who identified similar themes in the benefits of attending the sessions. People explained that the singing made them feel a sense of companionship, gave them the chance to meet new people, made them feel relaxed and reduced stigma.

One service user said, "I enjoyed

singing, something new with new people."

The choir, which covers music from all eras and generations, will run 40 weekly sessions over a 12 month period. As part of the project, 'choir leaders' will be trained so that they are eventually able to run sessions, ensuring the project is sustainable in the future. Paula added, "The choir has been a great success, people have really got on board and are enjoying being a part of it.

"We're really keen to develop the choir further and would like to perform at different places in and around the Trust to encourage others to join in."

Staff feedback

"I've really enjoyed getting together with others to sing and learn something new together"

Service user feedback

"I really enjoyed learning to sing a song in another language"

Getting creative with Purple Patch Living



People with learning disabilities in Calderdale have been showing their creative side thanks to Creative Minds and a host of activities offered by the Purple Patch Living project.

The project is led by Purple Patch Arts, an organisation that aims to provide opportunities for people with learning disabilities to excel and reach their full potential. Their work supports people to build on their confidence, communication and self-advocacy skills.

The Purple Patch Living project offers two different activity programmes for service users:

- **Feel good** – A three hour workshop including gentle exercise and art activity to promote physical and mental wellbeing.
- **Life-long learning** – A day-long arts programme which includes drama, art, music, movement and literature to encourage life-long learning and key skills. It aims to increase confidence and improve communication skills as well as developing art and performance skills.

To encourage people to find out what Purple Patch Living has to offer, the team held a taster session which included a mixture of crafts, drama

and singing. The event was a huge success and received great feedback from service users.

Gilly Bryerley, Purple Patch Arts director said, "We know what a difference these activities make in people's lives and it was great to be able to open it up and involve even more people in what was a fantastic and fun-filled day of activity."

The Purple Patch Living project includes weekly sessions based in Halifax and Hebden Bridge.

To find out more, visit the Purple Patch Arts website at www.purplepatcharts.org

A host of talented service users are waiting in the wings for their cue as they prepare to take part in a 'Stars in Your Eyes' performance show.

The Pontefract Family Centre, a charity which has been supporting adults with learning disabilities for over 30 years, received Creative Minds funding to provide drama activities to local service users.

A number of acts, including dancers, magicians and stand up comedians, are

Service users seeing stars in show

currently busy putting together their costumes and perfecting their routines ready to perform in a round of heats.

A handful of star acts will then be chosen to perform at the 'Stars in Your Eyes' grand final later this year. As well as providing a rehearsal space for the acts, the Family Centre also runs a drama activity afternoon on Wednesdays.

Geoff Hunton, manager at Pontefract Family Centre, said: "The service users' confidence and enjoyment is through the roof and their drama skills have gone from strength to strength."

"It's knowing they have a big show to work towards and rehearse for, which gives them a sense of pride and ownership. It's been wonderful."





Creative Minds *strategy*

We introduced the Creative Minds strategy in 2011 and since then, we've supported staff, voluntary organisations and community groups to deliver creative activities as part of healthcare interventions.

The use of creative activities in healthcare can have a really big impact on a person's wellbeing – whether that be increasing their self esteem so they feel confident to try new things, developing social skills as they meet new people, or providing a sense of purpose as they are actively engaged in meaningful activity that has a structure and aim.

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

Introducing the Creative Minds strategy was an opportunity for the Trust to commit to utilising creative approaches in our delivery of health services for local people. It has also helped to raise awareness of the opportunities available for individuals and groups to develop and grow creatively, with a little support from the Trust.

What is creativity?

If you asked 10 people what creativity meant to them – you would probably get 10 different answers. It means different things to different people and can be defined in lots of different ways.

For the purposes of this strategy, we have defined creativity in the broadest sense to 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.



How was the strategy developed?

The main reason for developing the Creative Minds strategy was to meet a continued request from service users and carers to be able to use more creative approaches to understand and support their health and wellbeing.

Workshops with service users, carers and staff helped to inform the strategy, and their feedback about what creativity meant to them, the impact it had on their wellbeing and the type of activities they would like to be

able to access, can be seen throughout it. Following the workshops, a number of key findings were summarised from feedback given and included in the strategy. These include:

- a need to ensure all the Trust's districts- Barnsley, Calderdale, Kirklees and Wakefield, have equal opportunities for creative activity and learn from each other's good practice.
- a requirement that creative needs in all services are met and that these are shared with others
- staff utilise creative activities in service users care plans where it would be beneficial to do so

How Creative Minds underpins the way we transform our services

The Trust is currently working through a programme of transformation – looking at how we transform our services so they continue to meet local need, offer best care and better outcomes and are value for money.

The ethos of Creative Minds underpins our transformation work; designing services that echo what people have told us is important to them. Feedback gathered from people who use our services, their carers, staff and the public has highlighted that people want:

- Services that keep individuals in the centre and focus on potential
- Increased use of technology
- Organisations, big and small, to work together
- Support as soon as it's needed

- As much choice as possible and explain all the choices available
- Support for family and carers

Creative Minds enables us to work in a different way for the combined benefit of people who use our services, their carers, our staff and our local communities. Our plans have a recovery focus, with people retaining control over their own health and wellbeing; Creative Minds helps us to do this. If you'd like to keep up with news about how we are transforming services, why not become a member of our Trust? We'll send you our magazine as well as invite you to events that may be of interest. Find out more at www.southwestyorkshire.co.uk/membership or call us on 01924 327567.

What are the benefits of using creative approaches in healthcare?

- **Prevention:** Creative approaches can help engage with people in communities with the highest levels of deprivation and hardship. Creative programmes have been shown to promote better health and wellbeing in vulnerable individuals and to foster social integration, community strength and cohesion.
- **Reducing stigma:** showcasing positive artistic achievement challenges negative stereotypes and celebrates participants' talents and abilities, conferring value and esteem in the process.
- **Early intervention:** early engagement with 'softer' techniques avoids deterioration of health needs and the need for more expensive and intrusive interventions.
- **Personalised care:** services need to develop the capacity to offer real choice to individuals to purchase self-determined packages of care. Access to creative activities is popular with service users, and therefore likely to be an important component of the new market of social care.
- **Multi-agency commissioning:** the creativity agenda offers real opportunities for partnerships with other creative groups and agencies, in the process increasing the range of creative resources and approaches available to service users.
- **Innovation:** as well as supporting service users to seek creative and imaginative approaches to support their personal growth and development, the creativity agenda can be used at all levels within the organisation to seek innovative approaches to client care, team development, service development and organisational management.
- **Value for money:** providing creative activity is often more cost effective than many other medical or therapeutic interventions. There are opportunities to lever additional funds through partnerships working with external arts/health agencies.
- **Strengthening transition:** working with creative agencies in the community builds links to a range of new opportunities in the wider community, supporting progress away from acute services towards greater autonomy and independence.
- **Resilience, individual & community:** creative approaches have been shown to be effective building cohesion and strength in vulnerable communities and providing significant gains in personal resilience and recovery from mental and physical ill health.

How does the Creative Minds strategy support the Trust's strategic objectives?

- The strategy supports the Trust's mission to enable people to reach their potential and live well in their community.
- It helps the Trust to live our values including putting service users and carers at the centre.
- The strategy enables us to maximise the benefit of both external and internal partnerships improving our service offer and delivering better outcomes.
- It helps us to be innovative in our approach to

healthcare and share this with our partners, enabling innovative examples of good practice to be implemented in other areas and our Trust to provide thought leadership on the approaches adopted.

- Creative activity can improve the service user experience, engaging them in the design and delivery of services.

Our strategy can be read in full on the Trust website at www.creativemindsuk.com

Service users in Wakefield saddle up

Service users in Wakefield saddled up as part of an equine therapy project which aimed to improve social skills, boost confidence and provide a sense of companionship.

The project, which was run in partnership with Wakefield Riding for the Disabled Association, gave service users the opportunity to get involved in a number of activities such as grooming, riding and stable duties.

To ensure the project met the individual needs of those taking part, it took place in two programmes, each consisting of 16 weekly sessions. The first programme worked with those with memory problems and the second was tailored for participants with mental health problems. It has been shown that activities

Equine therapy is used in a variety of therapy fields; horses can help people with physical issues, speech problems, behavioural issues, emotional problems, and other disabilities.

The equine therapy group

with horses have many benefits, including improved communication levels, motivation for exercise, sensory awareness and a sense of confidence. Rosanna Ward, a health care assistant, helped to facilitate the project and said, "We made sure it was a slow and steady process so that people had enough time to get used to the horses. Over the weeks, we gradually built on the types of activities we did. We eventually had a few service users who felt confident enough to get on the horses and go for a ride.

"Working with the horses gave

the service users a real sense of companionship and made a real difference. We saw a marked change in people from when they first started coming, they're more social, confident and it helped them to re-engage with previous interests or find new ones.

"Feedback from the project has been really positive; people enjoyed being around the horses, a part of a group and the calming energy the horses brought. When we asked people if there were any bad points, a lot said it wasn't long enough or that they didn't want to go home!"

My experience

"I am a 68 year old man, I lost my wife 6 months ago, life for me was dark and I felt there was no future. I took up the offer made by Rosie to give the group a try. I was given the opportunity to interact with the horses, brushing, combing etc. I was able to give and receive unconditional love and trust, and fulfil a boyhood dream to ride a horse. So in summary, the group has given me new hope, trust and the quality of my life has improved so much; none of the above could have been possible without the leadership from Rosie and the riding for disabled"

Service user

Studies have suggested that people benefit from regular contact with animals; many people have shown to have an especially unique relationship with the horse, thanks to the long association of people and horses.

A member of staff from the riding school helps a service user to groom a horse



Sticks and stones

The Sticks and Stones project, led by Plus Me and Creative Recovery, brought together people from across Barnsley who access Trust services, to create different artwork including film, textiles and audio. The artwork was themed around the impact of discrimination and was used to create a large walk-through installation which explored 'how accepting is our town'.

Helen Boutle led the work on behalf of Creative Recovery and said, "The Sticks and Stones project was created by people from different groups across Barnsley. They created screen-printed textile pieces, short films and a soundtrack. Some of the artwork was challenging but we hoped that it would get people thinking about some of the issues highlighted and bring people together."

The walk-through installation was launched in Barnsley town centre on World Aids Day and aimed to encourage reflection about discrimination in our own communities and grow mutual understanding. Visitors were transported from the 1980s to the present day and were encouraged to consider their own



The art installation addressed common myths surrounding HIV and mental health

thoughts and feelings.

The installation showcased various pieces of thought-provoking artwork including a film addressing discrimination, a music area with quilts and cushions created by service users and illuminated screen prints of language and words associated with discrimination.

After completing a walk through the years it was hoped a few myths surrounding HIV and mental health will have been broken and participants will be asked to pledge not to use the words displayed.

Helen added, "It was a great

Support group

Plus Me is a local support group for people living with HIV in Barnsley. The organisation promotes health and wellbeing, challenges social exclusion and encourages independence. Creative Recovery uses art as a means of recovery for people in Barnsley. You can find out more about the work of this organisation on page 21.

opportunity for local people to be part of a big project and learn new skills, at the same time as helping to raise awareness of World Aids Day, the organisations involved and the impact of discrimination."

Newton Lodge writers

Service users at Newton Lodge have taken part in a writing project to encourage them to express their thoughts and feelings in a creative way. Led by Yew Tree Theatre, service users took part in workshops where they transcribed personal stories focussing on their families, history and ambitions.

Sarah Osborne from Yew Tree Theatre, worked alongside the service users and said, "The project was really

inspiring. People were eager to tell their stories, and it was a real positive experience having someone who was interested and who wanted to listen."

"The project provoked conversations. It was really enlightening to hear about the different backgrounds of the service users, where they had come from and what their ambitions were."

The stories written as part of the project were used to form a creative

piece of poetry called 'Everyone has a story'. The poem can be viewed on the Trust's website at www.creativemindsuk.com



My experience

“I was moved to tears by the deeply connecting emotional experience that was transmitted through the music and dance. Deepest gratitude for this experience and for sharing your talents and discipline in the art forms.”

“I hope to see, hear, feel and taste your amazing music, dance, poetry and food again soon.”

“Annapurna came to us in June to deliver a workshop on dancing, storytelling and food; people loved the workshop giving everyone a really good insight.”



Shantha Rao demonstrating hand gestures in Indian dance

Sharing India's dance heritage

‘Spices, songs and stories’ gave local people in Calderdale the opportunity to get involved in workshops that utilise dance, storytelling and songs to positively improve health and wellbeing.

This series of workshops were delivered by Annapurna Indian Dance, an organisation that aims to improve peoples’ quality of life through arts and celebrate diversity by sharing the dance heritage of India through colour, movement, rhythm and expressions.

The workshops, which ran throughout 2013, were open to everybody and featured creative movement and music performances by Indian storytellers, musicians, puppeteers, percussionists and visual artists. Attendees were encouraged to join in with performances if they felt comfortable to do so and introduced to healthy traditional Indian meals, to highlight the natural benefits of using specific spices and ingredients.

The project offered accessible creative activities that people could join in with; boosting self esteem, providing a sense of purpose

and helping social integration as people from different cultures and backgrounds came together.

Shantha Rao, artistic director at Annapurna explained, “Spices, songs and stories was a great project which helped us to share the potential of Indian dance and cultural ideas with different communities throughout Calderdale.

“We worked in partnership with various organisations and groups to deliver this project including the Women’s Centre, neighbourhood police teams, Purple Patch Arts and the Calderdale Yoga Centre.

“There were many benefits to this project. For example, it has helped to integrate the Asian arts into mainstream health strategy and policy making, giving a wider remit for the arts in terms of healthy living and wellbeing. It has also helped to bring artists and communities together and provided equality of opportunity to celebrate diversity in every step of the way. It also helped to sustain the artists and raise the profile of the company nationally.

“At Annapurna, we specialise in bringing alive the well loved stories from the ancient epics and mythology of India, using the vibrant traditional dances with storytelling, music, drumming, puppets and masks along with beautiful costumes. Our workshops help you to explore the rhythms of dance, with its many fascinating hand gestures and stylised facial expressions for communicating ideas and feelings.

“The beautiful hand gestures expressed in Indian dances are a precious source of inspiration and creativity. They are known as Mudras and are full of rich meanings and history. They have been carefully passed on from generation to generation providing a wonderful way of communicating our moods and feelings.

“There are 28 single handed and 24 double handed mystical and magical Mudras in the storytelling dance called Bharata Natyam, and we introduce people to these throughout our workshops.”

Find out more about Annapurna and upcoming workshops at www.annapurnadance.com

Service users get social in Wakefield

People in Wakefield have been getting to know one another in weekly groups aimed at older adults who find it difficult to access their local community due to disability or being unable to access family or local transport.

The groups were developed following a successful pilot project by Wakefield's health and wellbeing development team and are led by Age UK Wakefield District. They provide essential transport to weekly supported sessions in a local community setting. The groups aim to offer a safe and welcoming environment which offers the chance to interact and meet new people. Each session is planned to meet the needs of those attending and includes activities themed around social, health and wellbeing elements.

Pauline Howe, group support worker from Age UK Wakefield District, facilitates the weekly sessions and said, "It's really important that older people have social contact with others rather than being at home on their own. The group offers structure to weekly routines and gives them contact with their local community that would otherwise be unavailable to them."

“I've made some great companions, it's a nice outing each week. We're all like old friends now”

"Providing the transport really gives people the extra push to come along, as poor mobility is the main obstacle in allowing them to attend groups like this. As the weeks and months have passed, I've really seen a huge difference. People in the group really enjoy coming and they're here every week. They talk and laugh more and seem to be more spontaneous. They're certainly not afraid to tell me if they don't think something is working either which is great!"

The weekly sessions include a variety of activities such as boccia and movement to music. The group also has visits from speakers and interactive sessions on IT skills including learning how to Skype!

One service user said, "I've made some great companions, it's a nice outing each week. We're all like old friends now."



Marjorie learns how to use Skype

Singing for fun in Barnsley!

People in Barnsley are enjoying singing sessions to boost health and wellbeing, learn a new skill and meet new people. The Singing for Fun group is part of Worsbrough Common Community Association's (WCCA) initiative to develop community-led activities that address physical and mental health inequalities in Barnsley.

The sessions are open to all and are led by a professional singing tutor Debbie Angel, who teaches different singing styles with the aim of improving confidence and overall wellbeing. The project is an opportunity for people in Barnsley to get involved in a social activity, learn or develop a talent for singing and have fun at the same time.

Paul Walters, WCCA development worker said, "The Singing for Fun group is a really great way of boosting confidence and getting to know others. I get a lot of emails from people who want to attend as they've lost their confidence; I encourage them to come along and once they've taken part they really enjoy attending."

"Singing can have a massive impact on wellbeing, it helps to improve mood, relieve stress and gives people a sense of achievement. We welcome anyone to come along and try out a session, you don't have to be a professional singer - the techniques we use will work for everyone."

The Singing for Fun group meets every Friday 12 noon – 1pm at Worsbrough Common ICT centre in Barnsley. There is a cost of £3 per session. For more information, contact Paul Walters on 01226 249904, email pwalters.wcca@yahoo.com or simply come along.

The Singing for Fun group are featured in our film about Creative Minds projects in Barnsley. You can read more about the films on page 21.



Current members of the group, with staff from the Insight team and Ben, the instructor at the climbing centre

Success at the summit

If you thought rock climbing could only be done outdoors, then think again! A group of talented young people from Calderdale have been working hard over the past 12 months to develop and hone their climbing skills at an indoor wall, with support from the Trust's Insight team.

The climbing group 'Summit' is regularly attended by individuals who have not only learnt to climb without supervision, but are also now working towards gaining recognised climbing instructor qualifications so that they can help others to learn in the future.

Julie Metcalf, who is part of the Trust's Calderdale Insight team explained, "Rock climbing is not only a great form of physical exercise, but it's also an opportunity to develop new skills that can be used in everyday life.

"We started the climbing group in 2012 as an attempt to engage young people who were experiencing their first episode of psychosis and have been supported by Creative Minds to continue



Excellence award for team
The success and positive impact that this project has had was recognised at the Trust's Excellence awards. The group were shortlisted in a category dedicated to Creative Minds projects, and were chosen as the winner by an independent panel of judges!

running it. These experiences can leave people feeling socially isolated, so we wanted to offer the opportunity to take part in an activity with others, who have experienced similar difficulties. This helped build their confidence and reconnect in social environments. Our instructor Ben has been great at helping the group and it has definitely proved to be one of our

more popular activities! To date, over 20 climbers have taken part in the group and it has definitely exceeded our expectations. Our regular members are independent climbers now and confident in their abilities. The more experienced climbers often help new members and those working through the vocational training."

As you explore the indoor climbing walls – you can choose from a number of different routes to reach the top. To choose the right one climbers have to use problem solving skills and their experience to navigate through it. Julie explained that doing this often gives people a strong sense of achievement, boosting their self esteem.

Thomas Nicholson, who has been a regular at the group said, "Climbing has helped me to develop as a person, enhanced social interaction and given me something to look forward to. It is rewarding achieving goals. I am gaining a qualification and now use my expertise to support novice climbers. It has a positive impact on all who participate."

Showing spirit in Barnsley

Spirit offers activities for people of all ages throughout Barnsley including postural stability and falls prevention, chair based exercise and movement to music.

Spirit is coordinated by Shaw Lane Community Sports Association (CSA) and is delivered by partners such as Healthy Bones, a local physical and wellbeing organisation that has specialist knowledge and skills to share with others.

Spirit's sessions are open to everyone, including people with learning disabilities, older people, people recovering from mental illness, people recovering from strokes or cardiovascular conditions and people at risk of falls.

The activity classes, which are recommended by local medical professionals, have been running

successfully for some time and are well established in the community. To enhance the sessions, Spirit now offers non-physical activities such as drama, art and entertainment as well as some social time, to help boost the wellbeing of participants and encourage social inclusion.

To ensure the sustainability of the group and to help increase self-worth of participants, Spirit aims to involve as many volunteers as possible. It is hoped over time the sessions will eventually be led by group volunteers.

Spirit founder Bronia Warden, who works at Healthy Bones, said "At the same time as boosting the physical wellbeing of participants, Spirit sessions are great for increasing social inclusion which helps reduce social isolation and loneliness. The project has proved incredibly successful, attendance is increasing each week and positive



feedback is in abundance.

To find out more about Spirit and the sessions available, contact Bronia Warden on 07895 380615 or visit www.healthy-bones.co.uk to see a timetable of activities.

Kick about in Kirklees

Football fans in Kirklees with learning disabilities can try their hand at the beautiful game at a series of 'fun days' held throughout the year.

The fun days, held at The Zone in Huddersfield, offer fun and engaging activities to boost the health and wellbeing of people with a range of complex needs.

The sessions provide many benefits to the wannabe Beckhams – a kick about can not only help to benefit their health, but also increase confidence and improve their social skills.

Four fun days are held throughout the year and are aimed at low ability/low fitness service users, with activities focusing on personal achievements and motor skill development.



A service user gets the ball rolling

The sessions are run on two indoor pitches – one which gives people a chance to play a game of five-a-side style football and develop their skills, and another which focuses on ball-associated activities.

The group regularly hold themed sessions to coincide with national events, such as Learning Disability Week and the 2012 Olympics.

Nigel McLoughlin, clinical services manager – learning disabilities at



A kick about at the fun day

the Trust, said: "Sport is a great way of boosting self esteem and encouraging people to take part in physical exercise. It's also a great way of getting people together and improving social integration which has a positive impact on people's wellbeing."

Sessions will be held this year on 19 March, 17 June, 16 September and 9 December. You can find out more by contacting the Trust's inclusion team, inclusion@swyt.nhs.uk

Making waves with Phoenix

Phoenix FM is a radio station based in Calderdale which is run and staffed by volunteers. The station has been working with the Trust as part of our Creative Minds initiative to develop workshops and activities focussed around broadcast media. Find out more about the innovative work of Phoenix FM below...

Speak your mind

The 'speak your mind' project gave people experiencing mental health problems the opportunity to explore new forms of expression and learn new skills by taking part in workshops aimed at developing broadcasting skills. The project was run by Phoenix Radio staff and volunteers, some of whom have first hand experience of mental health problems.

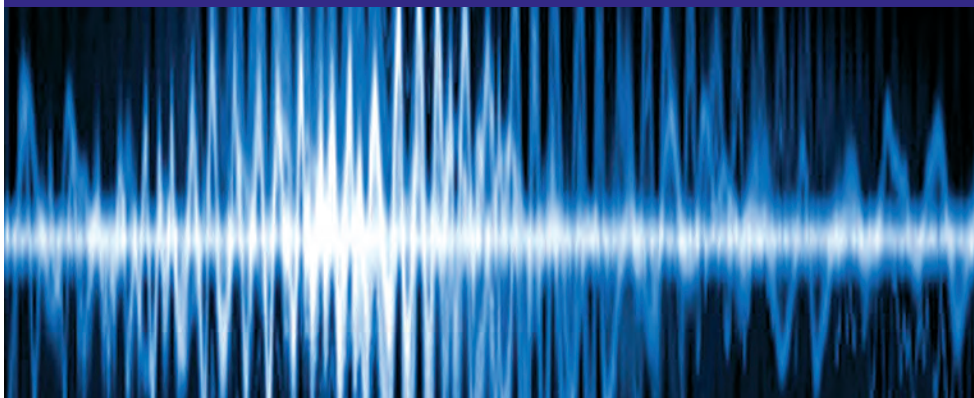
Participants had the opportunity to write and script programmes and adverts that were focussed on issues such as living a healthy lifestyle and mental health. Service users were also taught about the technology used in a radio station, such as mixing desks and portable recording equipment. By learning how to use the various pieces of equipment and produce broadcast material, service users benefitted from enhanced communication skills and improved confidence. Through taking part in the project, service users were also given the chance to gain a non-accredited Phoenix Radio Introduction to Radio Skills Certificate.



Connecting the dots

This project provides workshops for young people in foster care, giving them the chance to voice their feelings using creative communications. Connecting the dots offers participants the opportunity to use radio technology and writing to create music and stories that represent their feelings.

Phoenix FM offers service users an environment where they can expand their creativity into new projects including animation, storytelling, music and drama. Through communication and working with others, the workshops aim to have a number of positive benefits on those involved including; improved self-esteem, enhanced communication skills and the opportunity to produce a piece of work that can be accessed by other young people.



Creative Recovery

- Creative Recovery is led by people who are passionate about finding creative ways to support and promote recovery and wellbeing.

- The project brings together the work of Recovery Through Art, Re:Sound, and the UPLIFT project and invites people from across Barnsley to attend sessions and events to get creative, connect with others and try something new.

- People involved in the project have collaborated on a number of 'Creative Happenings' including making art out of instruments and playing a street piano through Barnsley town centre.

- The group is influenced by people who attend the sessions and gives service users the ability to choose



what projects they would like to work on. Hayley Youell, lead artist at Creative Recovery explained, "Creative Recovery gives people a platform to express themselves.

"One of the projects under the Creative Recovery umbrella is ReSound, a music group which includes activities such as drumming and jamming sessions. The group nurtures peoples' confidence and a

new sense of belonging.

"Members call the group the Re:Sound "family" and even meet outside of normal group times to support each other. We've also set up a mentoring scheme where those who are more experienced in playing an instrument are teaching those who have only just started.

"Creative Recovery has really made a difference to people and has acted as a springboard to lead them on to new things, whether it's a job, volunteering or a new passion, provoking a sense of hope for a brighter future."

To find out more about the work of Creative Recovery, search for Creative Recovery on Facebook.

Lights, camera, action



Creative Minds projects have been brought to life in a new series of films. The films, made by the Trust, showcase a number of Creative Minds projects and hear directly from people who have benefitted.

There is one overview film featuring a number of different interviews - this is a great way to quickly find out more about Creative Minds and why it is making such a difference to people's lives.

We have also produced five short films that are specific to each of our districts, and one for our forensic (secure) services. So you can choose

to watch a dedicated Creative Minds film for each of the following areas:

- Barnsley
- Calderdale
- Kirklees
- Wakefield
- Forensics

In these films we take a closer look at projects that have been taking place in each of the areas. Projects range from rock climbing to horticulture, singing groups to football, equine therapy to dance.

Phil Walters, Trust lead for Creative Minds explains, "We want people to find out about Creative Minds in

a number of different ways, such as this magazine. Film is also a great way for people to actually see some of the projects and hear, first hand, how we are changing lives in our local communities. I'd challenge anyone to watch these films and not feel inspired by what they see!"

View the films at www.createmindsuk.com or go to www.youtube.com/swypft

To borrow a DVD of the films get in touch with Mark Wisbey on 01422 281317

The word 'sport' covers a whole range of different physical activities that may be played individually or as part of a team. Sport can be enjoyed by anyone, and tailored to fit people's individual needs. It's a great way to improve people's physical health as well as mental wellbeing as it's an opportunity to meet new people, make friends and give your self esteem and confidence a boost by taking part in something you enjoy. Creative Minds supports a lot of sporting activities and a selection of these are detailed below....

Good Mood Football League

The Good Mood Football League enables people with an interest in football of varying levels of ability and at different stages of the rehabilitation process to access the sport.

The project holds league and cup games throughout the year and also gives service users the opportunity to gain coaching and refereeing qualifications.

Lee Radcliffe has been playing in the Good Mood League for two and a half years. Taking part has increased Lee's confidence which led him to a life changing opportunity. Lee explained, "I had problems with extreme anxiety before being a part of the Good Mood League. It's helped me to go out and make new friends; my anxiety is a lot better now because of it.

"Through the Good Mood League, I got my football association level 1 award in coaching and I'm currently doing my level 2. Because my confidence got a lot better by taking part, I decided to start volunteering with Voluntary Action Calderdale. They told me about some international trips and I ended up going to Burkina Faso in Africa with international services for three months football coaching. I worked with people of all ages and also delivered sessions on HIV and aids.

"I'll be taking part in the Good Mood League again this year; it really proves that people can move up."



European tour for team

With funding from Creative Minds, a team of talented footballers who use Trust services in Calderdale and Kirklees, travelled to and competed in the EASI Cup in Prague, Europe's premier mental health football tournament.

The team was made up of players from the Access 100 team and those who regularly play in the Good Mood League. Three players from each team joined forces and were supported on the trip by Sabir Makda from Pathways day service in Kirklees and Debbie Nicholson from Calderdale inclusion support service. Not only was the team invited to represent local services at the tournament, but also the UK.

Taking part in the tournament was a unique sporting experience for those involved as well as an opportunity to boost the players confidence, self esteem and celebrate their dedication and success over the years in local tournaments.

Sabir Makda explained, "It was a fantastic opportunity for the lads and was a completely new experience for people whose lives have been affected by mental health problems. Some of the team had never even left the country before.

What is the EASI cup?

The European Association for Sport and Social Integration (EASI) Cup takes place each year and is a pan-European mental health specific football tournament, in which teams play over two days in a number of competitive fixtures. Service users from the Trust were invited to take part after the football team Access 100, which plays in the Trust's Good Mood Football League, won the Manchester mental health football league.

"It was a demanding challenge taking a team of players abroad, some of whom suffer anxiety related illnesses and stringent risk assessments were required before we even took off. But I'm so glad we did it!

"They were able to put into practice coping strategies that they have learnt as part of their care and embrace being part of a team. I'm so proud of what the players achieved. They were fantastic representatives for the Trust and the UK and were able to cope with many of their own difficulties along the way."

What's your state of mind?

Using sport and education, the State of Mind project enabled people in Barnsley to improve their mental fitness and wellbeing.

This national initiative was brought to Barnsley by the Trust's physical activity and development team, working in partnership with local health trainers and Action Space Mobile.

The project is based on five sessions which men over the age of 16 were invited to come along to. Each session explored how physical and artistic activities could be utilised to help people manage difficulties they may be experiencing while improving their physical and mental wellbeing.

The sessions included:

- an assault course incorporating art and sound
- a anger management workshop that utilised drumming and box-ercise
- a take notice stress management workshop with allotment activities
- a food and mood cook and eat session
- a tag rugby/ football session
- a look at coping mechanisms and strategies

As well as boosting the knowledge and confidence of those who have attended the sessions, the project also aimed to increase awareness in the local community of mental health, coping mechanisms that people can utilise in everyday life and ways to improve quality of life through improved mental fitness.

Those who took part in the project were also encouraged to share what they had learnt with their friends, families and sporting peers.

Another round of the sessions will be running in 2014.



10 practical tips to improve your mental health

Developed with the Mental Health Foundation, State of Mind promote 10 practical tips that anyone can implement to improve their mental health. These are not earth shattering challenges – rather simple changes that everyone could try which will make a big difference.

- Talk about your feelings
- Eat well
- Keep in touch
- Take a break
- Accept who you are
- Keep active
- Drink sensibly
- Ask for help
- Do something you're good at
- Care for others

Continuing the Olympics legacy

To celebrate the legacy of London 2012 and encourage more people to get involved in sport, the Trust's physical activity and development team (PADT) in Barnsley hosted a special week of sporting activities.

The Get Active and Get Involved 2013 event ran over a week, with different activities taking place each day that people who use Trust services as well as their carers, family and friends could join in with.

Jane Baker from the team said, "This year's event was fantastic! The Olympic Games aimed to encourage more people to get involved in sport and people's enthusiasm for this certainly seems to be continuing. It was lovely to see people who had taken part in our events in 2012, coming back again.

"This year we organised dance sessions, cricket games, a football tournament and a netball match and rounded the week off with a run around the local area."

The Physical Activity Development Team provide supported physical activity groups and individual sessions for people who use mental health services in Barnsley.

They support people, regardless of ability, to get involved in sporting activities and build their confidence so that in the future they will be able to continue this independently.

All activities are tailored to take account of people's needs and abilities and a full timetable of those currently running is available on the Trust website www.southwestyorkshire.nhs.uk



Service users who took part in the project show off their artwork



The arts train project on display

All aboard the *arts* train

Service users from Enfield Down took part in an arts project to encourage discussions around life journeys and experiences.

Enfield Down is an inpatient unit that provides recovery and rehabilitation services for people experiencing mental health problems who need a longer time to re-establish their independence. The project supported groups of all generations to come together to take part in the work.

Service users from Enfield Down worked with Holme Valley Sharing Memories who are all in their 70s,

80s and 90s. Each individual in the group turned a shoe box into a train carriage which included artwork representing their interests, journeys and aspirations. Each carriage was then placed together to make a train, which was displayed at The North Light Gallery in Huddersfield as part of a special two month exhibition to celebrate the group's achievement.

Jenny McGuigan, an occupational therapist said, "The project was a great way to share experiences and allow service users to work with different people. The Home Valley Sharing Memories group came to

Enfield Down, which was a good experience for everyone involved.

"We met up with the group twice to see everyone's progress. It was fantastic to see the different ways that people used the boxes to express themselves – there were no two the same!"

Maragret, a service user who took part in the project, made her box to reflect the different holidays she had been on throughout her life. Margaret said, "I really enjoyed the project. I liked the company, meeting new people and socialising."

About the project

The arts train project was shortlisted for the Trust's 2013 Excellence Awards and came runner-up in the Creative Minds category. Mark Wisbey, Creative Minds coordinator said, "I popped along to see the exhibition not knowing quite what to expect and it was awe-inspiring. The time and effort that had gone in to producing the work, by both young and old, the stories told and revealed, was first class."



Wired for wellbeing

Service users from the Trust's Inspire art group have taken part in a special sculpture project alongside Faceless, an organisation which aims to increase access to arts in the outdoors.

Inspire art group is made up of people who use mental health services provided by the Trust. The group meets every week at Fieldhead to take part in creative activities to help recovery and wellbeing. Inspire welcomes new participants from a broad spectrum of Trust services including inpatient wards, day treatment services and pastoral care.

The sculpture project involved a series of two hour-long workshops, delivered by Faceless, where the group used aluminium wire to create figurative sculptures. The project gave participants the opportunity to take part in a new creative activity alongside professional artists. Service users explored form, scale and proportion whilst producing sculptures, which they could take home afterwards.

The workshops culminated in the production of a life-size figure, which was created using the same method as the figures. The group

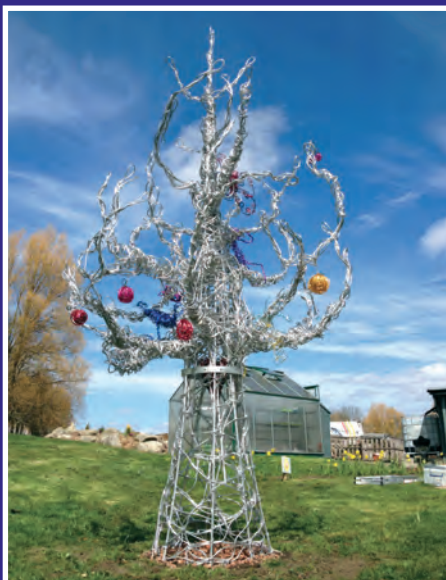
decided to create a tree, which grew over several stages. After initial feedback from the group, the first design was deemed too scary, so was shaped to become more symmetrical. The method in which the tree was created meant that the design could still be bent and shaped once complete.

Further designs were added to the tree, including a heart inside the trunk which was created by a member of the inspire group. The finished tree has been placed in the caring garden at Fieldhead and visitors are invited to write their experiences down and hang them from the tree.

The project gave participants the opportunity to take part in a new creative activity alongside professional artists



A sculpture of two people dancing made by a service users



The finished tree on display in the Caring Garden

Getting a-head in Wakefield

A mosaic sculpture created by service users at the Bretton Centre and Newhaven in Wakefield has gone on display at Fieldhead.

The Trust worked alongside artist Amanda Wray and Artists in Mind (AiM) to create the sculpture, which depicts a serene blue head offering seating to showcase the mosaics inside.

AiM is a charity using the arts to support individuals experiencing acute and enduring mental ill health.

The service users took part in weekly sessions creating wooden profiles of their faces decorated using mosaics to express parts of themselves, and used the skills they learnt to create the Fieldhead face.

Phil Walters, head of involvement at the Trust, said: "The sculpture shows people who visit the site that we value creative approaches at our Trust.

"This helps to challenge the stigma faced by people who use our services and give the people who have participated a sense of pride in what they have achieved. The blue head in particular seems to make people smile and creates a bit of a talking point!"



Looking out over Fieldhead

International developments in *dance* and dementia

The Trust's 'Centre of Excellence in Movement, Dance and Dementia' has been using Creative Minds funding to carry out international work to raise its profile and pioneer a new approach to the development of non-pharmacological arts-based interventions.

The project is led by Dr Richard Coaten, an experienced arts psychotherapist, dancer, arts/health worker and trainer, and leading UK specialist in movement and dance based work with older people experiencing memory problems and their carers.

There are many benefits of using movement, dance, song, music and reminiscence for older people, including feeling empowered to live life more fully; improvement of mood and wellbeing through physical activity; increased social interaction, and enhanced self-awareness, all of which promote memory recall.

Richard said of the arts therapy: "It promotes an increase in wellbeing and a reduction in social exclusion. It supports people to live independently and nurtures their remaining capacities such as singing

It supports people to live independently and nurtures their remaining capacities such as singing and dancing

and dancing. It's really beneficial to people living with dementia."

Recently, thanks to Creative Minds funding, Richard has been able to contribute to the training of Dance Movement Psychotherapists at Riga Stradins University in Latvia. Richard gave several workshops and a lecture over a seven day period, teaching the first year combined arts therapy students how Dance Movement Psychotherapy works at the Trust in the UK.

The workshops were very well received and Richard hopes that in the future the Latvian arts therapy students may have the opportunity to visit the Trust's arts therapists to see how training differs in the UK.

Richard also recently gave a presentation and workshop at a major Dance Movement Psychotherapy Congress in Athens, and following this is now working on an international music, dance and dementia project involving participants from Athens and Istanbul.

Richard will be returning to Athens to run a three day workshop with a core group of Greek musicians and dancers including representatives from the local Alzheimer's Society and specialist Dementia Day Care Centres to take the idea forward.

A core group has also formed in Istanbul, where Richard will visit to build bridges between traditional music and dance and people with dementia.

In addition to this, the Dora Stratou Greek Dances Theatre is working to secure a bid to fund a pilot programme of similar work in West Yorkshire, Greece and Turkey. It is hoped that the project will contribute to the employment of dancers and musicians in the field of dance and dementia in all three countries.

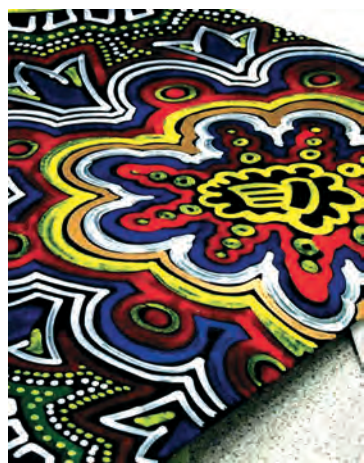
Richard commented: "The ways in which participants stay in touch with their cultural roots that cross national and international boundaries, together with exercising their remaining physical, psychological and emotional capabilities is really important."

Richard is looking for circle dance and folk dance groups in West Yorkshire to take part in a project which will pioneer the use of traditional Greek, Turkish and British folk music and dance to aid dementia. If you are interested, contact Richard at richard.coaten@swyt.nhs.uk

To find out more about the work Richard does with the Centre of Excellence, visit www.dancedementiahub.co.uk



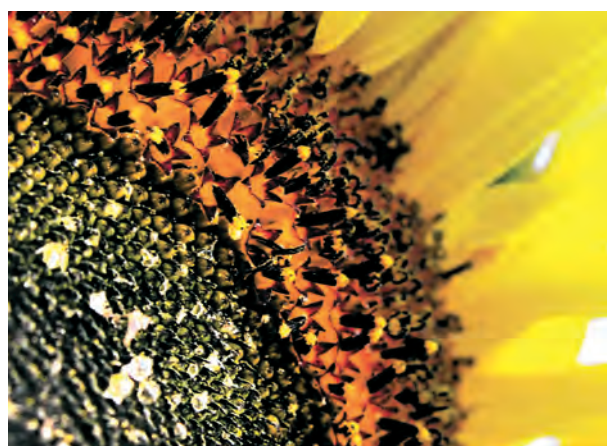
Below: pictures by service users...



A service user's photo from the art room



A photo taken by a service user in the garden



A bright sunflower captured by a service user



A photo taken by a service user using a special filter

Pitch perfect, pixel perfect

There's a snap, there's some pop – Wakefield's Creative Minds funded photography and music group is just missing the crackle!



The project gives service users on Trinity 1, a specialist mental health unit in Wakefield, the chance to take part in a meaningful activity by taking photos and making music.

The Oasis music room at Fieldhead provides a space for service users to unleash their inner musician and activities facilitator Liam Gill helps the group to write, record and produce their own songs using computer software, as well as teaching them simple chords on the guitar.

Service users have also been experiencing life through a lens with the photography aspect of the session. The photography class aims to teach service users how to spot a good subject for a snap, allowing them to explore their creativity.

Liam said: "The biggest confidence boost for the service users is seeing their photos printed out so they can see all the detail they've captured.

"The sense of achievement of holding a CD in your hand that you have created or standing back and seeing a photo on the wall that you had taken time and effort to get just how you wanted, despite all the emotional odds being against you, helps to bring back some of that self esteem and confidence that we all need to help us through the day."

Sizzle and chat

Sizzle and chat aims to encourage healthy eating by adapting traditional recipes. Led by the Women's Activity Centre in Halifax, the project primarily works with Asian women in the local community.

Over the course of six weeks, the project explores how recipes can be made with healthier alternatives and highlights the nutritional benefits of using certain ingredients.

A project worker from the healthy living group is also on hand at the group to offer nutritional advice and cooking instructions. People are also encouraged to make use of the Trust's health improvement services in Calderdale, if they think it would benefit them.

As well as nutritional and health benefits that cooking provides, the group also looks at the impact that cooking as an activity has on mental wellbeing. The sessions aim to improve mood and stress levels whilst encouraging active participation in a social situation. By the end of the six sessions it is intended that:

- participants will have developed a better understanding of the relationships between diet and health, including the impact this has on mental wellbeing
- by sharing knowledge and experience, people will have improved their confidence and increased their social contacts
- families and friends of those who have attended will benefit as the healthy lifestyle message and learning is brought back to the home environment.

Once the course has finished, it is estimated that around 200 people will have benefited from the project. Friends and relatives of those taking part will also be invited to attend open days and demonstrations led by course participants.

Changing landscapes in Calderdale

A creative arts workshop based in Calderdale is not only 'Changing Landscapes', but is also hoping to change the perception of the level of creativity dementia sufferers can experience.

'Changing Landscapes', run by not-for-profit organisation Verd de Gris, gives older people the chance to get involved with engaging and innovative creative activities in order to improve their quality of life, health, and social wellbeing.

Each workshop is free and caters for a broad range of people aged over 50 from diverse cultures and ethnicities looking to develop their creative skills and contribute something positive to the community. Verd de Gris works closely with local partners to assess and evaluate the changing needs of care in Calderdale and reflects this in their approach.

Emphasis in the workshops is placed on supporting people experiencing early signs of dementia and people over 60 experiencing social isolation and therefore at a greater risk of developing mental health problems. 'Changing Landscapes' aims to target this with a creative approach, offering visual arts, dance and movement, creative writing and reminiscence exercises to the service users.

The work has been supplemented by a pilot staff training programme and a 5-week enrichment programme for students at a local high school, designed to engage care staff and students in the debate surrounding culture, ageing and social care.

Verd de Gris

Verd de Gris is a not-for-profit company based in Hebden Bridge, which works to develop a range of stimulating and meaningful projects for older people. As well as creating opportunities for artistic expression it advocates new ways of working and responds to the needs of older people.

The workshops take place in day and residential care, community centres and other venues agreed by partners.

Dance worker Natalie Speake explained the benefits 'Changing Landscapes' had on one service user, an older woman from the South Asian community who attended Verd de Gris' creative sessions at the Asian Women's Centre in Halifax:

"At the beginning of the project, B was very depressed and withdrawn. She also showed signs of physical weakness and had hand tremors. B didn't fully engage with other women within the group and during general conversation she looked distracted and sad – she seemed lost in her own thoughts and memories. But as a result of Changing Landscapes B changed in many ways and on many different levels.

"Physically she became much stronger and she began to ask for specific exercises that she needed to strengthen different parts of her body. She particularly enjoyed working on her upper body strength and chest stretches. B particularly enjoys doing the 'leaf' dance, which involves shaking the hands like a leaf. It seemed to be a very positive and creative experience for her."



“...she seemed lost in her own thoughts and memories. But as a result of Changing Landscapes B changed in many ways and on many different levels”

Vivify – creativity on display

Vivify is a partnership project between the Yorkshire Sculpture Park (YSP) and the Trust's older people's service in Wakefield.

The project, based on community engagement, offers people the opportunity to attend a series of hands on sculpture and 2D arts workshops inspired by the art and landscape of the YSP.

Two artists from the YSP learning team actively engage people during the workshops, using tools and techniques to encourage people to get involved.

Paula Rylatt, a specialist practitioner at the Trust who was heavily involved in the creation of this project explained, "We have been working successfully with the learning team at the YSP for a number of years now and the Vivify project has gone from strength to strength. Each year a different group of people are invited to join the project, take trips to the YSP and try their hand at some creative activities during the workshops.

"The materials that people have produced are breath-taking and are unique representations of what that person felt and thought as they

explored the YSP.

"This project has proved really popular with participants, who've explained that it's given them the chance to meet others, visit the YSP and find new ways to express themselves."

To highlight the impact that this project has had and share the fantastic work that people have created using wood, clay and paint, an exhibition tour was planned. Stopping first at

the YSP, the artistic creations of those who have taken part in previous Vivify workshops went on display for new participants as well as public visitors to the park to see. The next leg of the tour will see the exhibition moved to the Mental Health Museum at Fieldhead in Wakefield.

To find out more about the project contact Rosanna Ward, activity co-ordinator at the Trust, Rosanna.ward@swyt.nhs.uk



Artistic creations on display at the Yorkshire Sculpture Park

Taking to the stage in Barnsley

Adults with learning disabilities in Barnsley had their taste of fame thanks to a project led by Cross the Sky (CTS) Theatre Company.

CTS gives adults with learning disabilities who are interested in the arts the chance to take part in creative workshops led by professional artists. The workshops involve singing, song writing, dance, film production and direction among other activities. To engage people in theatre production, people taking part in the project are also given the chance to outline

a theme for the development of a new theatre production.

Members of CTS worked in partnership with students from Barnsley College to develop a play called 'Would Like to Meet' which included original songs written by the group. The project culminated with a short performance of the play at the Barnsley Civic, which was attended by around 130 people.

Cath Smart, project leader at CTS said, "The project was really successful, we had a fantastic

turnout for the show which gave everyone a real confidence boost.

"The project gives people with learning disabilities the opportunity to perform original work that they've helped to devise. Taking part and seeing the work they've created come together is a real sense of achievement for everyone involved."

If you would like to join CTS, they are currently looking to recruit new members. For more information call 01226 391112.

What's next...

...for Creative Minds?

2014 is a very important year in the life of Creative Minds because in November it will be three years since we launched the Strategy. Creative Minds has developed a comprehensive programme of creative projects and it's become a social movement that participants feel ownership of.

Over the next six months I will be looking to review the progress we've made since 2011, showcase and celebrate the talents of project participants and set the direction for mainstreaming Creative Minds into the core business of our organisation. The breadth of projects we have seen developed has been incredible; to date we have delivered over 150 creative projects in partnership with over 50 community organisations/groups, benefitting over 3000 people. The projects have helped participants to increase their confidence, boost their self-esteem, increase their social skills, experience an improved quality of life and supported community integration.

Creative Minds has provided a framework for enabling creative partnerships to flourish across the Trust's communities in Barnsley, Calderdale, Kirklees and Wakefield. We have harnessed a shared passion for the arts, music, dance, drama, sports, crafts and leisure activities and developed a belief that creativity should be at the heart of recovery focused services. This approach has promoted the inclusion of people who use our services into the wider



community, improving the quality of people's lives and providing the building blocks for better self-generated health outcomes in the future.

For some people, participating creatively can raise aspirations and help them to develop feelings of pride and self-worth. The sense of achievement that can be found in creativity, gives people a chance to start to move away from negative patterns and start to write a new story.

We are also starting to see how this work is impacting on working practices at the Trust. Creative Minds is generating compassionate community and hospital environments where everyone is encouraged to engage for mutual benefit. Through Creative Minds, members of our staff are playing football, singing in the same choir and painting with people who use our services.

So, where do we go from here?

We are looking at developing a Creative Minds Academy at the Trust, which will provide the infrastructure to implement the Creative Minds

ethos in to our service delivery offers across the organisation. The Academy approach will support the organisation to implement creative approaches in to everyday practices and provide a platform for sharing Creative Minds ideas and products externally, potentially providing income for the Trust. The Academy could have a formal position within the Creative Minds Strategy and report into the governance of the organisation. This will also allow Creative Minds as a social movement to innovate and grow.

The Creative Minds Academy could also work with the emerging recovery colleges at the Trust; providing activities that form part of the formal teaching curriculum and sessions offered as extra curriculum activities.

There are many projects within Creative Minds that are service user led and the Academy approach will be an opportunity to extend this, enabling and supporting more people to run their own groups should they wish to.

Creative Minds is a community development holistic approach which has produced committed partners and empowered enthusiastic stakeholders and I hope you will all continue with your fantastic support over the coming years.

Phil Walters
Head of involvement
and inclusion

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 below.

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 the Creative Minds strategy 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.

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: inclusion@swyt.nhs.uk



Call us: **01924 328656**



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Look for our Trust at: [www.Linkedin.com](https://www.linkedin.com)

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."

"The Creative Minds Strategy enshrines how the Trust aims to, by working in collaboration, share good practice and build strong partnerships with community organisations"

"We really want to encourage local groups to get involved with Creative Minds. This is a great opportunity to work with the NHS to provide excellent creative projects for the people who access our services."



Creative Minds



With all of us in mind

South West Yorkshire Partnership **NHS**
NHS Foundation Trust

None of us know when we may need support from the NHS



That's why our services are developed with all of us in mind

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