



Creative Minds



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

Welcome

I am delighted to introduce this magazine. It showcases just some of the ways we have been making a difference to people's lives through this innovative, and truly creative initiative.

We formally launched Creative Minds in late 2011 to show our commitment, as an organisation, to having a creative approach to delivering our services. Creative Minds has provided a framework to not only build on existing good practice in our services, but also to work more closely with a wide range of community and voluntary sector organisations.

The breadth of projects we have seen developed has been incredible. Creative Minds has challenged the traditional way that health services are provided as well as allowed us to develop a fantastic community and infrastructure of people who are committed to developing creative approaches.

As a Trust, we are always exploring how we can work in partnership to help people reach their full potential in a way that best suits them. Creative Minds not only allows us to tailor opportunities for individuals, but also to do this in the very heart of their local communities.

We are building a great momentum for this work, not only locally and regionally, but also with colleagues in other countries. Like me, people are inspired by what Creative Minds can achieve by truly working in partnership, listening to what people tell us they want and being open to trying new approaches.

Evaluation has shown fantastic outcomes for people who have been involved; you can read more throughout this magazine.

I am immensely proud of the work that has taken place under the Creative Minds banner and I look forward to its continued success in 2013; it has a very exciting future.

With very best wishes,

Steven



Chief executive



Definition of creativity

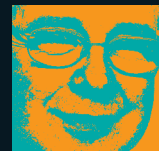
Creativity means many things to different people and can be defined in any number of ways.

For the purpose of our Creative Minds work we use the very broadest definition that takes 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.

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

“What does creativity mean to you?”
- Bal Singh

Throughout this magazine you will see quotes from people who use our services, their carers, our staff and partners who explain their definition of creativity. Many thanks to Bal Singh who acted as a roving reporter for this magazine, collecting these quotations.



“ Creativity gives me confidence to do things and talk to people. ”
- DC

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.

“ Creativity takes your mind off negative thoughts. ”
- Dominic F

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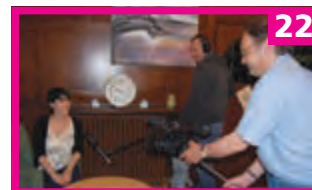
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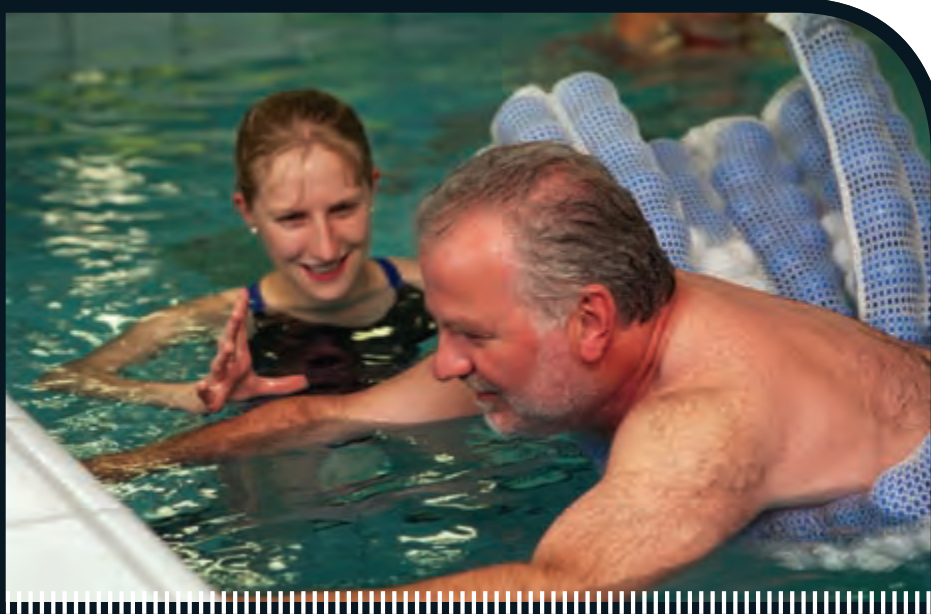


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Making a Splash

Inpatients at Fieldhead in Wakefield have been making a splash thanks to Creative Minds funding and the physiotherapy team.

After the physiotherapy service works with an individual to identify their needs, they may be offered a range of therapeutic interventions, including hydrotherapy and/or swimming.

Creative Minds funding enabled the purchase of swimwear and towels as many service users are not able to purchase their own swimwear. Being able to provide swimwear means the team can offer therapeutic interventions in a timely and fair way, allowing access for all which is not dependent on the ability to purchase necessary equipment.

What is hydrotherapy?

Aquatic therapy, or hydrotherapy, is a form of physiotherapy carried out in water – usually a warm, shallow swimming pool or special hydrotherapy pool. It is often used with children and adults who have physical and learning disabilities.

Mobility can be improved with hydrotherapy because people are able to perform activities in the pool that they are unable to perform on dry land. With the appropriate progression of exercises, these activities, such as

walking or running, will be able to be performed outside the pool. The support of the water and the reduced fear of falling can aid mobility practice. Exercises against the resistance of water and dynamic exercises within the water can also improve muscle strength, balance and co-ordination.

In addition to the above, hydrotherapy can:

- improve self-esteem and physical wellbeing
- increase mobility
- reduce anxiety
- reduce pain and muscle spasm
- improve mood and reduce symptoms of depression
- improve and maintain joint range of movement
- strengthen weak muscle groups
- increase physical fitness and functional tolerances
- re-educate normal movement patterns
- improve balance
- improve co-ordination
- improve posture
- improve self confidence
- stimulate circulation

Natures Gym

The Carers Garden at the Metrodome in Barnsley, also known as “Natures Gym”, is a space where people experiencing mental health problems can access a garden to receive positive social support.

Many people accessing the project are carers and service users who need help developing social interaction. The garden acts as respite for the carer and gives them and their service user an area where they can relax.

Creative Minds funding has been able to help extend pathways to include wheelchair access deeper into the garden. The funding has also helped support people to visit the garden and create extra capacity in the project.

The Metrodome is run by **Barnsley Premier Leisure**, a not-for-profit social enterprise and a registered charity who aim to provide affordable, value for money leisure facilities and activities for sport, recreation and leisure.

The Metrodome Leisure Complex is a vibrant hub of activity ranging from a new state-of-the-art fitness suite and dance studios, Calypso Cove waterpark promising fun and adventure for all the family and the Metrodome Bowling where excitement strikes!

Find out more at www.bpl.org.uk or call **01226 730060**



“Creativity is social interaction which helps us grow as human beings.”

- Gary W

Getting some *Breathing Space* in Kirklees

Kirklees-based Hoot Creative Arts is one of the Trust's creative partners and has been running the successful Breathing Space programme since April 2012; helping people with dementia and their carers reap the benefits of creative activity.

Breathing Space offers people with a diagnosis of dementia and their family member, partner, carer or support worker a range of creative activities to improve cognitive function and strengthen relationships.

The Breathing Space sessions give referred participants the opportunity to take part in weekly group sessions where they can meet people, make friends and have fun. Sessions include music and song, movement, dance and visual arts.

Speaking about Breathing Space, project co-ordinator Moira Wade said, "These sessions have been a great opportunity for participants to meet new people, take part in activities in a safe and supportive

environment and have fun! Creative activities offer a means by which people can maintain and develop connections with the world and people in it. We're pleased to be sharing our passion for using creative activities in this way.

HOOT is a registered charity based in Huddersfield with over 9 years experience of developing arts projects in the North of England. Hoot offers a range of opportunities for people to get involved in music, dance and other creative activities as a way of improving physical and emotional wellbeing.

"Following a session one carer said he had come to the session "feeling down and grumpy but left feeling much better and more cheerful." The art had worked as positive therapy and lifted his mood. I felt much better too after interacting with other people."

A special event was held to demonstrate the progress of Breathing Space giving referred participants the opportunity to meet again and for referrers to see the work achieved during the sessions.

The Trust's dance movement psychotherapist Dr Richard Coaten leads Breathing Space movement sessions involving a combination of moving, dancing, singing and remembering all with the aim of encouraging feelings of self-confidence and self-esteem and a joy in moving.

Speaking at the special event to showcase the work done in the workshops Richard Coaten said, "When thinking starts to slow, the body follows and vice versa. In these sessions we have addressed what still does work and how we can get moving again to help the thinking function. Groups like this are a catalyst for things to happen and we aim to help aid meaningful connections."

Also as part of the workshops Hoot musician Rob made a video which was previewed at the event. The video showed examples of the music, art and socialising that went on at Breathing Space each week and was accompanied by members of the group drumming, strumming and singing The Beatles' song Octopuses Garden, which helped inspire the sea theme of the film.

A movement session with Dr Richard Coaten



For more information about Breathing Space and to find out how to refer **contact Moira at Hoot on 01484 516224.**

“Creativity helps you relax.”
- Susan M

Measuring success at *framing* project

The framing project is part of the Calderdale Inclusion Support Service (CISS) and it runs from a workshop in the centre of Halifax. The project offers training in creative and practical skills, assessment and support toward work-readiness and opportunities for an affordable and innovative way of displaying art work.

Sessions are held once a week at existing workshop premises and with Creative Minds funding the group were able to purchase initial framing equipment, materials and storage.



Sessions run in blocks of ten covering health and safety, machinery and equipment induction, framing and presentation styles, before then starting practical work on obtaining and recycling timber, machining mouldings and assembling frames. Mount cutting, glazing and constructing frames lead on to using commercially available timber to make affordable mouldings and building a second frame, further

practicing the skills introduced, before making a third frame using commercial mouldings.

Emphasis is placed on recycling timber, which helps encourage creativity, a distinctive 'signature' style and sustainability. The workshop supports other groups and schemes to help improve presentation of work, and gives opportunities for trainees to see their own work valued and displayed.

During sessions trainees are also able to work on orders for staff, gaining useful experience of dealing directly with the customer, understanding and responding to their needs and seeing their work valued and appreciated on completion.

The orders for frames started with requests from colleagues and since then a number of Trust services have requested frames to display artwork produced on inpatient wards, including the Priestley Unit in Dewsbury.



The workshops are open to anyone accessing Calderdale Inclusion Support Services (CISS) who, as

part of their Care Programme Approach, are referred to the vocational team. Training is provided by a CISS worker and a volunteer who has completed the training and has several years' timber trades manufacturing experience.



Tim Holt, CISS day services worker said, "We've got lots of orders coming in now and it can be that we are working under pressure to meet deadlines. But that helps members of the group develop the skills necessary to get back in the work environment where deadlines are key."

The work enables training opportunities, workshop skills and real experience for trainees together with opportunities to work on commercial projects, collaborating with other groups or organisations on a variety of styles of work. The sessions offer a realistic work experience for members of the group, with real deadlines and working as part of a team, all key to the production process as well as meeting briefs set by the customers.

“ It's a really positive environment and everyone is so supportive and understanding. ”

“ I'd never done anything like this before. I've learnt how to use the machines and could now make different frames for my family and friends. ”

“ It's got me to where I need to be and now I'm applying for a job. ”

“ Even if you're having a bad day you can come here and feel better. ”

To find out more about the project or to enquire about placing an order contact Tim Holt at Tim.holt@calderdale.gov.uk

Getting *active* and *involved!*

In support of the London 2012 Olympic and Paralympic Games, the Trust organised a range of sporting events.



Playing skittles in the Oasis Centre, during one of Fieldheads' sporting challenges



Tennis tournament at Dewsbury Sports Centre



Games at Olympic themed football fun day



Participants in the adapted cycle relay, the first event in Wakefield heptathlon games



Bocchia bowling at Fieldhead

The events were organised by local steering groups - made up of staff, service users and carers - to ensure that events would be accessible to all and promote wellbeing but also help raise awareness of different activities people could pursue in the future.

Funding from Creative Minds helped the steering groups buy equipment and materials that were used throughout the events.

Phil Walters, head of equality and inclusion said, *"The events aimed to be fun, interactive and encourage social inclusion and cohesion amongst the communities involved. Those who took part were introduced to activities and tools that they can take back to their services so that the benefits of taking part in these sports, such as increased physical activity levels, self confidence and skills, can continue to be felt."*

Wakefield heptathlon games

Organised by the Trust's Wakefield health and wellbeing development team, the games involved a series of seven sporting challenges that adults aged 50+ and those with a physical and or sensory impairment could take part in. The games included an adapted cycle relay, a rowing challenge, a 5-a-side football tournament and a 1 mile swim challenge. Over 1000 people participated in at least one of the events of the games.

Sporting challenges in Dewsbury

Three sporting tournaments were held at Dewsbury sports centre and staff, service users and carers were invited to try their hand at badminton, table tennis and archery.

Fieldhead's sporting challenge

A series of sporting events were organised at Fieldhead so that people currently using facilities at the site could get involved. Events included a triple event with bocchia bowling, new age curling and target challenges, and a woodland walk also took place. Newton Lodge also joined in the fun and organised a special sports event with people competing in challenges such as skittles, bowling and curling.

Getting sporty in Barnsley

For one special week, sporting activities including an athletics competition, cycling challenge and football tournament were played at venues across the district, organised by the physical activity development team. All those who participated in the challenges, their carers and staff were presented with a certificate and medal at a special closing ceremony.

Kirklees Olympic football fun day

People with learning disabilities were invited to take part in a special Olympic themed football fun day in Huddersfield. The event, which was attended by over 80 people and opened by the Mayor of Kirklees, David Ridgway, featured penalty shoot outs, bocchia bowling competitions and football related activities.

Calderdale Olympic torch walking challenge

Calderdale staff took part in a special Olympic themed walking challenge as part of the get active get involved campaign. Teams of four signed up to the challenge of walking the equivalent distance from Halifax to London, before the Games opening ceremony.

Barnsley men dig it!

An allotment project in Barnsley is boosting wellbeing amongst men. The project involves building a series of raised beds, a poly tunnel and a potting room to develop the Shaw Lane Community Garden/ Allotment which is being created by volunteers and service users.

The allotment is based within Shaw Lane Sports Complex, home of Barnsley Rugby Club, who donated the land.

Funds from Creative Minds have been used to create an active working garden accessible to the wider community. Raised beds

make the site more accessible to older participants and those with disabilities.

Immediate benefits of the project include the physically active work that gardening offers as well as therapeutic benefits leading to an increase in both mental and physical wellbeing.

Produce grown at the site can also be used to deliver 'cook and eat' sessions across the borough, providing participants with first hand experience of 'field to plate' eating.

This project, as with the general development of the plot on a daily basis, is led by service users. A core

group of six male volunteers, all of whom experience varying health conditions and disabilities (including visual impairment, depression, high blood pressure and Type 2 diabetes), coordinate the work.

The allotment is currently thriving, with the volunteers and service users involved experiencing a huge sense of pride in their work and achievements.



Walking for wellbeing



People who use services provided by Pathways in Mirfield have been getting more active and physically fitter through weekly walking sessions.

Walks progressed over 12 weeks to become more physically demanding. Service users kept a journal and were encouraged to reflect on how they felt, noting the benefits of becoming

more physically active and being part of a group.

The project culminated in a residential trip to the Yorkshire Dales National Park for three days and two nights. Service users learned how to keep safe whilst walking in the countryside as well as skills such as basic first aid and map-reading.

The project has not only supported

people to build up their recovery and maintain their mental health, but it also gave an opportunity to reflect on the benefits of physical activity. The project encouraged participants to progress what they have learnt by linking into other relevant organisations at the end of the project - so they can keep up with physical activity and maintain their wellbeing in their own community.

Verd de gris *Changing Landscapes*



Changing Landscapes is a project run by Calderdale based organisation, Verd de gris. The project included weekly creative sessions at the Asian Women's Resource Centre in Halifax.

The story below demonstrates how creative approaches are not just an end in themselves; they can positively impact on other aspects of wellbeing, supporting recovery and helping to establish important patterns of behaviour such as eating/sharing a meal, conversing and engaging with a group.

N's story told by Sharon Marsden of Changing Landscapes

N's dementia brings a great sadness and emptiness. When I first met her, she was almost frightened by the music/movement and staff would move her away. She would come to the day centre and just sit quietly by herself, with no engagement with any of the other women or staff.

She would also eat alone; staff would have to remind and encourage her to eat.

When we began the Changing Landscapes project we worked very hard to try to connect with N. During the movement/music part of the session, Natalie Speake (our dance worker) would lead the session and I would sit close and often sit in front of N, gently guiding her through the movements. We would often use a silk parachute and midway through the project N was lifting the parachute herself and raising her hands during other movement exercises.

We encouraged the staff to bring N to the table for the art activities and I worked alongside her. Initially she would not do anything – almost not 'see' the paint or pastels in front of her – but each week we kept showing and encouraging. The first thing to connect with her was a

very gentle activity of washing inks over wet paper. After guiding her hand with the brush, just initially, she took obvious delight in washing the beautiful colours over the paper. This was the first time she made eye contact with me - the first time I saw her make eye contact with anyone.

Each week her connection to the creative sessions became stronger - sustained eye contact, speaking to me directly, connecting the colours and textures of marbling inks with rivers of her childhood. Instead of having to really encourage and reassure her to move to the art table, she would stand with everyone else and come to the table. She began looking at what was laid out for her and showed she was ready to take part.

N spoke no English and I no Punjabi; sometimes we would have staff translate for us, but mostly it was just quiet words connecting one another through the beauty of the art activity. What was really wonderful was that N would now join the other women at the table to eat her lunch, no longer eating alone. She also ate more, as being with the others encouraged her to eat.

Even when the art sessions were not running, N was now more fully engaged with the centre and the rest of the group. On a couple of occasions she has shared detailed reminiscence about her childhood with staff and the other women.

About Verd de gris

Verd de gris Ltd is a not-for-profit company based in Hebden Bridge in West Yorkshire.

Although not a charity it does not distribute a profit and has charitable aims, serving the people of Calderdale and West Yorkshire.

Over the past 12 years the company has worked to develop a range of exciting, stimulating and meaningful projects for older people. As well as creating opportunities for artistic expression they advocate for new ways of working with older people.

www.verd-de-gris.co.uk

01422 845667



Live Arts Café

The Live Arts Café in Barnsley inspires individuals to try new things, drawing on the benefits of creativity to promote recovery and has put Creative Minds funding to good use.

A social evening with a difference, people from across services meet weekly at Moorland Court to share food, relax and immerse themselves in creativity. Each cabaret-style night is unique as different artists and musicians collaborate. Everyone contributes in some way, either by sharing their passions and skills or by being part of an audience. The evening is about self-expression, nurturing talent and building a creative community.

The project, run in partnership with Action Space Mobile, gives service users and their families broad access to a diverse range of quality creative experiences, recognising the deeply therapeutic benefits of being creative and connecting with others.

The Live Arts Café strives to be inclusive and is important in maintaining mental health and social contact, particularly for those who are very isolated. Participants experience general improvements in wellbeing, particularly in the areas of optimism about the future, dealing with problems, self-esteem and confidence, interest in new things and feeling closer to and more interested in other people.

The Live Arts Café was recognised for its fantastic work at the Trust's 2012 Excellence awards, where they were highly commended in the Creative Minds category.

Action Space Mobile is an arts organisation that has been driving the arts for over 40 years delivering a wide range of creative arts workshops. Find out more at www.actionspacemobile.org or call **01226 391112**

Curtains up with Chrysalis theatre

This Wakefield-based project aims to create and develop a service user-led Youth Theatre Company - called Chrysalis - in partnership with Yew Tree Theatre. An important aspect of the approach to the project is continually reflecting and responding to the needs and feedback of those involved.

Creative drama sessions have been held with a group of young women to explore their ideas about themselves and their attitudes to mental health and those of society.

This project will continue during 2013, with future sessions beginning to focus on the development of a public performance led by the group.

Yew Tree Theatre Company was established over 15 years ago by three graduates from Bretton Hall and is now engaging in a range of community projects, including with the Trust through Creative Minds. Find out more at www.yew-tree.com or via **01924 277844**

“Creativity is freedom beyond the confines of anything rigid.”
- Vijay V

Khidmat in Kirklees

Creative Minds has helped support the second phases of the Khidmat project, which is led by the Alliance for Healthy Living.

The aim of this work was to increase awareness of Attention Deficit Hyperactivity Disorder (ADHD) in the South Asian and Black Minority Ethnic communities of North Kirklees and to increase referrals into the Adult ADHD service.

Mental health is a sensitive matter for these communities and as such it was key that the approach was positive with understanding of cultural and religious beliefs. The project focussed on getting support from leaders in mosques and community groups to help the ADHD service reach people within the communities.

Promotion work included an easy

read leaflet on the adult ADHD service translated into Urdu, an article in the local newspaper Paigaam and transmissions on a local radio broadcast via a Mosque transmitter.

Since the work, a number of people have got in touch concerned about someone they know who might have undiagnosed ADHD.

About our Creative Minds Strategy

“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

Our Creative Minds strategy was formally launched in 2011. 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.

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.

How we developed our Creative Minds strategy

The details of the strategy were developed after workshops with service users, carers and staff where 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 activities are needed, what and where?

It was clear that creative activity was important for the vast majority of the attendees at the events.

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

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

Bridge Theatre Group

A Calderdale theatre group is helping members learn to identify, articulate and share their experiences with others.

A public performance by the Bridge Theatre Group in 2013 aims to reduce ignorance and stigma and show medical staff and other relevant agencies how they can contribute to recovery.

Funding from Creative Minds has paid for room hire, learning

resources, refreshments, volunteer expenses and a trip to see a production with a mental health theme.

"The group has bonded and is very supportive. It provides structure and purpose and requires commitment. Emotionally, self esteem and confidence are increasing, not least as group members gain confidence in their competence to perform." Jen Fagan, treasurer.

For more information about the theatre group, contact jenny@healthymindscalderdale.co.uk or call 07795 035567

"Creativity benefits me and gets me out of the house. I'm happy when I achieve things."

- Avtar S

"Creativity is about expressing yourself in different ways; it makes you feel better about yourself."

- Paul B

The Art Shop



Work on display in the Packhorse Gallery

The Art Shop, situated in the Packhorse shopping centre in Huddersfield, was created to give local people and those who have experienced mental health problems the opportunity to showcase their creative pieces of art.

Opened in July 2012, the Shop displays artwork and crafts created by members of the public as well as people in touch with Support 2 Recovery - whose volunteers run the shop. The artwork on display is available to buy with 30% of the cost going to the charity.

As well as being a gallery, the Art Shop also has an area set aside where people can create their own pieces of work. Janet Pollard from

Support 2 Recovery explains, "The dedicated area which we have created in the Shop is used by local artists and by our regular art groups, which we hold every Monday for those who are in touch with our organisation.

"Providing a public space for people to create their work in has resulted in increased foot fall into the gallery and feedback from volunteer artists highlights that it boosts their self esteem and confidence in their abilities as a result of the positive comments they've heard from customers."

A large display stand is situated in a prominent area within the Art Shop which features information about different mental health conditions

and all staff can offer people further information and support about local services that can help those currently experiencing mental health difficulties.

The Art Shop is also proving to be a popular venue for local events. In November the Trust hosted Creative Minds Live in the gallery, which you can read more about on page 18, and upcoming events planned include a health and wellbeing fair and a month long exhibition of art work from Brighthouse Art Circle.

To find out more about the Art Shop, contact them on 01484 539531, email at contact@s2r.org.uk or search for the Packhorse Gallery on facebook.

Support 2 Recovery is a charity that works with individuals experiencing mental health problems to reach their goals and is also supported with funding from Kirklees Council's community partnerships development grant.

Innovation through nature

About the ABE project

The ABE project is an award-winning social enterprise based on a former landfill site in Wakefield that provides positive life experiences to help individuals within the Wakefield community.

For more information about The ABE Project visit www.theableproject.org.uk
You can also follow them on Twitter @ABLEWakefield



Bug hotels made from recycled materials. These are used at ABE to encourage insects to inhabit the land



Some of the fish at ABE. Types include Sturgeon, Koi Carp and Tilapia



The wood workshop

The ABE Project in Wakefield has been offering diverse activities as part of 'Innovation through nature', which is aimed at skills training, personal development and social integration.

ABE is a unique outdoor learning facility, training young people in horticulture, aquaculture and environmental skills. The placements are sessions where young people work with an ABE project worker to undertake activities such as fish farming, woodwork, horticulture or healthy cooking with on site produce.

Creative Minds funding has enabled supported placements to assist ABE with work and groups of up to six people have attended half day placements over 10 week blocks. Participants have gained both personal and practical skills that will help to build confidence whilst providing a sense of self-worth.

The ABE Project offers a supportive and understanding environment, which enables people to try activities to build new skills and confidence. Staff at ABE possess a wide variety of skills and they utilise these in accordance with the needs of the individuals put forward for the placements.

The group have also got involved with activities in the fish farm and aquaponics, the method of growing crops and fish together in sustainable re-circulating system. Tasks include feeding the fish, taking temperatures of the water to ensure the fish are living in the correct conditions and maintaining their tanks.

As part of this partnership between Creative Minds and The ABE Project placements have been open to a number of Wakefield based services including low secure forensic services (The Bretton Centre) and low secure learning disability service (Newhaven).

The approach to learning in a practical outdoor environment gives individuals the opportunity to work as a team, gain new skills, participate in new positive activities, to enjoy learning and improve individual health benefits.

Laura Severn, ABE health and education coordinator, said, "Groups who have accessed our service have found they have been able to be themselves, learn new skills and grow in confidence in a secure community environment. We try really hard to make ABE a fun, relaxed and exciting retreat, and we can truly see the difference it has made to these people."



Adapt and Vivify at the Yorkshire Sculpture Park

ADAPT tours at the Yorkshire Sculpture Park

ADAPT – the Arts and Dementia Access Project – is an arts and health programme which aims to provide opportunities for engagement and social interaction using artistic activities for individuals accessing Wakefield older people’s services. With funding from Creative Minds, the project has continued to flourish.

The project has been implemented in three stages which have focused on the introduction of dance, drama, music and movement groups and art groups within dementia care in Wakefield, and staff training so that they can continue to support these artistic activities in the future.

As part of the third stage of the project, a partnership between the Trust and the Yorkshire Sculpture Park (YSP) resulted in the introduction of dementia friendly tours and workshops. The tours offer people the opportunity to explore indoor and outdoor exhibitions and landscapes at the YSP and the workshops encourage people to use what they have experienced during the tour to produce different pieces of art.

A total of 24 tours will be run over the next three years and all are adapted to meet the needs of the service users who are attending.

Paula Rylatt, specialist practitioner at the Trust explained, “The partnership with the YSP has been a great success and has enabled us

to utilise a local venue to encourage engagement in therapeutic activity rather than in a traditional day treatment unit setting.

“The tours aim to give people the opportunity to engage in activity, encourage them to interact with others and explore their creativity. The information provided during the tours is presented in a manner that is accessible to those who use our services and is adapted to fit their needs.

“The reaction of those who have already been on a tour has been really positive with feedback highlighting that it has helped them to find new ways to express themselves and boosted their confidence to communicate and engage with those around them. People have also highlighted that they enjoyed being in the outdoor space, exploring the exhibitions and meeting new people.”



Vivify – people, landscape, sculpture

The Vivify project was an opportunity for those using inpatient and community services for older people experiencing mental health difficulties to participate in a series of hands on, interactive arts workshops at the Yorkshire Sculpture Park (YSP).



The workshops were held over a six month period and encouraged people to use a wide range of materials including clay, plaster, wood and other materials to creatively express their thoughts and feelings, inspired by the landscapes and surroundings at the YSP. At the end of the workshops personalised accounts of people’s experiences during them were created as a record of their journey, which will continue to be used in the future during activities within services.

The workshops were led by two artists from the YSP learning team, who had undertaken mental health awareness training with staff from the Trust to develop their



Alive and kicking!

Barnsley-based Qdos Creates - one of Yorkshire's leading providers of dance theatre - has delivered a series of dance based activity sessions to highlight the benefits that people with dementia can experience by taking part in this type of activity.

The 'alive and kicking' sessions, funded by Creative Minds, were delivered on inpatient wards and throughout community services in Barnsley. They included activities such as physical and voice ice-breaker exercises and warm ups, creative movement and dance activities, drama, singing, storytelling and poetry writing.

Staff and service users worked together during the sessions to develop skills and ideas, which they will be able to utilise in future dance activity sessions run within services.

This project introduced people to the benefits that those with dementia and their families can experience by taking part in creative activity such as increasing mobility and balance, improved self esteem and confidence in engaging with others.

Katrina Whale, general manager at Qdos Creates explained, "We strive to create innovative work that is challenging, informative, inspirational and unlocks creative potential, empowering people to make informed decisions about their lives. Our projects aim to unlock creative potential and demonstrate that participation in the arts can lead to improved physical and mental health and wellbeing."

To find out more about the alive and kicking sessions contact **Katrina@qdoscreates.com** or visit their website **www.qdoscreates.com**

knowledge of the needs of this particular group of people. Care professionals were also engaged in training with the YSP artists so they could develop the skills to continue running similar artistic activities within Trust services in the future.

All the artwork produced during the project will be placed on display at the YSP and at Fieldhead in Wakefield. Paula Rylatt, specialist practitioner at the Trust highlighted, "Placing the artwork created during this project on display has had a really positive impact on those who have taken part and given them confidence in their abilities.

"Innovative projects such as this can really make a difference to the quality of life of people and their families as it encourages them to engage with people in a new environment and hopefully boosts their self esteem and wellbeing as they experience new activities that they enjoy."



To find out more about the ADAPT project or the Vivify project, contact **Paula.rylatt@swyt.nhs.uk**

“ Creativity stops me from being isolated. It helps me to build confidence and to meet people. I also get a fantastic sense of achievement. ”

- Ryan E

“ Creativity is a catalyst for change. Creativity helps people to connect with themselves, other people and the world around them. ”

- Hayley Y



Who are you?

People in Kirklees who use mental health services provided by the Trust took part in a collaborative art project with local organisations Hoot and AiM - two of the Trust's creative partners.

Service users from Pathways day service in Mirfield and residents at Enfield Down in Honley collaborated with Hoot and AiM to stage the 'who are you' art exhibition at Lawrence Batley Theatre, Huddersfield.

The artwork on display at the theatre was created by people who use Trust services, where creative approaches are used as part of their recovery and the venue-wide exhibition celebrated the diversity and intensity of the work created.

Pathways is jointly run by the Trust and Kirklees Council Adult Services and it helps people with mental health problems develop skills and confidence through activities such as computers, art and music.

Work from Pathways consisted of digital photography and demonstrated an individual's journey through pictures. Enfield Down residents produced human

silhouettes as part of the display.

'Who are you' brought together the creative responses to design human figures that were

then displayed around the theatre foyer. Led by occupational therapist and artist Jenny McGuigan the figures produced at Enfield Down in Honley were a result of a six-month project that used creativity to explore people's interests and to express how they feel about themselves.

Speaking about the work at Enfield Down Paul, who took part in the work, said, "I really like films so I based my design on the movie Spartacus and Ben Hur by creating a gladiator. I found the sessions each week really calming and relaxing."

Enfield Down is a Trust-run inpatient unit that provides recovery and rehabilitation services for people experiencing mental health problems who need a longer time to re-establish their independence.

Margaret, who used lots of different materials in her design, added, "It was really nice to be able to show my family the work I'd done and get this presented in a public exhibition."



Growing in confidence

A gardening project at the older people's Chantry Unit at Fieldhead in Wakefield, has made great use of its Creative Minds funding.

The project purchased equipment, seeds, plants and storage and a small garden area has now been planted and is well maintained. The unit now has a garden plot within the nearby Caring Garden too, which people on the ward are regularly invited to use.

Specialist practitioner Paula Rylatt said of the project, "The Chantry

Unit has worked to develop a diverse range of activity in order to meet the needs of different people. These activities range from film appreciation to gardening, music, 'cook and eat', arts and crafts and Tai Chi.

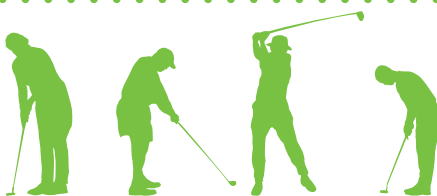
People have benefited greatly from the social element of activity with others in the garden, and other activities, along with the wellbeing associated with meaningful occupation. Everyone has worked really hard and this project has been a great success!"

“Creativity is freedom, expression and liberation.”
- Pauline H

Putterfingers

Putterfingers is an initiative to provide service users on Ward 19 at the Priestley Unit, Dewsbury and District Hospital a chance to take part in a safe outdoor sport and a little gentle exercise.

Thanks to Creative Minds funding a portable golf course has been purchased and was a hit during the 2012 mini Olympics held on the ward. Made of removable



Astroturf, the golf course can be transported outdoors as needed and stored away when not in use.

The new equipment has been well-received and is proving very popular with service users!

“Creativity makes me feel happy and positive.”
- Jo B

“Creativity is joy that comes from the heart and needs to be shared with everyone.”
- Shrikant S

Boosting movement with jabadao

The Trust's mental health physiotherapy team in partnership with Barnsley Independent Alzheimer's and Dementia Support (BIADS), have been running weekly jabadao sessions in blocks of 10 for local people in Barnsley who have dementia.

Jabadao encourages movement, communication and activity in a person centred way, using music and props. The movement activity has proven to be particularly beneficial for those with dementia, as groups are encouraged to move and engage in a positive environment, bringing their own personality and style of movement to the group and giving them the opportunity to express themselves through movement and verbal communication.

Each session lasts for one hour, with refreshments available at the end. During the sessions, carers are encouraged to share their time together, giving them the opportunity to discuss their stories, share good practices of care, socialise with other carers and hear talks from guest speakers about topics of interest to them.

The sessions aim to encourage participants to engage in the activity



in an inclusive, non-competitive way, therefore ensuring they experience the therapeutic benefits such as improved mental and physical wellbeing of taking part in such activity.

Special Olympic themed jabadao sessions also ran during the summer of 2012 to give people with dementia and their carers the opportunity to share in the spirit of London 2012. In August one such Olympic themed event was held at Sheffield Road Baptist Church and featured a range of different activities.

Pat Pope, lead physiotherapist in the mental health physiotherapy team explained, "This event was a great opportunity for local people with

dementia and their carers to share in the spirit of London 2012 as the activities represented the different sports played at the Olympics and were adapted to people's abilities.

"Sessions such as this help people with dementia to maintain confidence in their physical and social abilities and encourage them to develop an understanding of how they can use movement as a tool for communication when words can be difficult to find."

Jabadao sessions are run on a weekly basis by the mental health physiotherapy team in partnership with BIADS. If you are interested in attending a session, contact the team on **01226 434066** or BIADS on **01226 280057**.

About BIADS Barnsley Independent Alzheimer's and Dementia Support (BIADS) is a registered charity that provides support to people who have any form of dementia along with their families and friends. Find out more at www.biads.org.uk or call **01226 280057**

Creative Minds



Live 2012

Creative Minds Live, hosted at the end of 2012, showcased and celebrated the successful projects and partnerships that have been developed during the first 12 months of the Creative Minds strategy.

Events were held in Barnsley, Calderdale, Kirklees and Wakefield and all those who had been involved in the projects as well as people in touch with Trust services, their carers, staff and members of the public were invited to attend and witness first hand the impact that these projects have had on local people.

A full programme of events was organised at each

event including interactive workshops, performances and presentations. A film showcasing a number of creative projects which were nominated in the Trust's Excellence awards 2012 was also shown at each event.

Steven Michael, the Trust's chief executive said, "The Creative Minds Live events were an opportunity to showcase the different projects which have

been running in our local communities to involve people in creative activity.

"Creative approaches have been proven to achieve high quality outcomes for people who use health services by boosting self esteem and confidence, creating the opportunity for people to engage with those around them, and helping to break down barriers between staff and service users."



Disco dancing at Bipinz Muzikal Xtravaganza



Drawing at the Art for Wellbeing taster session



Bal Singh and Hayley Youell at the Live Arts Café information stand



Janet Pollard, Mark Wisbey and Phil Walters opening the event in Kirklees

Barnsley

On Monday 12th November Creative Minds Live was celebrated in Barnsley at the Civic. The celebration began with a showcase of the art and wellbeing project, the work that participants had produced and a personal account from someone who had taken part in the project, and gone on to lead a number of

sessions during it. You can read more about the project on page 33.

This was followed by a number of performances including one by students from Darton College of 'Outside In' – which portrays the experience of a young person with ADHD, and has been developed in partnership with the Trust's health improvement team. Other

performances during the day included a presentation by local artist Jo Brooks of her poetry and a play by the drama group 'May contain nuts'.

Workshops organised offered people the opportunity to try their hand at arts and crafts with members of the Live Arts café, tai chi and boccia bowling.

Calderdale

The Calderdale Creative Minds Live event was held at The Artworks in Halifax on Thursday 13th December. Guests were invited to hear a presentation by Debs, a service user who had taken part in the Art for Wellbeing project, run at the Artworks. Debs shared

how the structured art classes gave new meaning to her life and have become a highlight of her week. She answered questions from the audience and explained how her confidence had increased along with her drawing ability.

Guests were then offered the chance to take part in an Art for

Wellbeing taster session with one of the tutors.

Guests could also visit stalls during the event, to have a henna design "tattooed" on their hand by the Stepping Out project, or find out more about initiatives including Changing Landscapes and the Refresh picture framing service.

Kirklees

Creative Minds Live in Kirklees was hosted at the Packhorse Gallery in Huddersfield on Monday 19th November. The event was opened by Janet Pollard from Support 2 Recovery, who runs the Packhorse Gallery. You can read more about the gallery and the opportunities to get involved with it on page 12.

Performances were held throughout the event including a dance piece and a musical performance by members of Hoot.

In the afternoon there was a special presentation by Elizabeth Rowan, the winner of Every Player Counts player of the year award, about her experiences of mental health and how she has found a

new lease of life and developed new interests in football.

Throughout the event representatives from different Trust and local services were also on hand at information stands to offer people details of the support available, including Enfield Down, Pathways, Holme Valley gardening network and Support 2 Recovery.

Wakefield

In Wakefield Creative Minds Live was hosted at The Orangery, in partnership with Spectrum People, the community involvement and volunteering arm of health service provider Spectrum, to put on an afternoon of activities celebrating creative approaches.

National and local speakers made presentations during the afternoon and contributions were also made by local organisations Hoot, Faceless and the Yorkshire Sculpture Park.

People who have used local services shared their experiences of why creative activities are

so important to recovery and attendees could also get involved in arts and craft taster sessions such as silk painting and bulb planting.

The day concluded with music, dance and poetry performances.

Learning disability specialist services

A special Creative Minds Live learning disability event - Bipinz Muzikal Xtravaganza – was held at Fieldhead at the end of November, attended by more than 50 service users and carers who were treated to a talent show and a disco.

The first act of the day was a joyful Makaton choir who showed the audience their version of Bring Me Sunshine, followed by a singer covering the Elvis song, "The Wonder of You".

There were also a number of dancers on hand to share their talents, performing to songs such

as Christina Aguilera's Genie in a Bottle, Jessie J's Price Tag and Greased Lightning from the movie Grease.

All acts received a certificate to recognise the part they had played in the show, and after lunch everyone showed off their dancing skills at the disco.



About Manasamitra

Manasamitra are a Dewsbury-based South Asian arts organisation that explores traditional techniques of Indian music, dance, storytelling, crafts and visual arts to engage and challenge individuals.

To find out more contact Supriya Nagarajan on **01924 694192**, email **info@manasamitra.com** or visit their website at **www.manasamitra.com**

“ Creativity is finding talent that I never thought I had.

- DM

Journey to India with Manasamitra, through music, mind and dance

Thanks to Creative Minds funding, this innovative project, created and delivered by Manasamitra, the Dewsbury arts based South Asian arts organisation, engaged and challenged individuals aged 14+ with a physical and/ or learning disability and their families to create a series of fun storytelling performances using Indian music, dance and movement.

The first phase of the project involved two launch events in early 2012 in Huddersfield and Dewsbury. Attendees were invited to try out activities and hear from Nigel McLoughlin the Trust's professional lead nurse for learning disabilities and Supriya Nagarajan, Manasamitra artistic director, about the benefits that getting involved with creative activities can bring.

Participants were then encouraged to sample a number of workshops showcasing Bollywood dancing, music, storytelling and visual arts. In total more than 150 people attended the launch events.

The second phase of the project involved Manasamitra delivering 40 creative workshops to over 60 people and 17 care support staff.

The workshops showcased visual art, dance and musical activities and participants used these art genres to devise their own storytelling productions.

Supriya Nagarajan, Manasamitra's artistic director said, "This project aimed to bring together the unique approaches used within the arts, sports, leisure and the cultural sector to develop fun creative activities for people using healthcare services."

To recognise the achievements of the project and those who had taken part in the workshops throughout the year, two special celebration events, where participants performed their stories and plays to invited audiences, were held in November 2012, attended by over 120 people.

Supriya continued, "This project has been a brilliant opportunity for people to experience the benefits of getting involved in creative activities. Feedback has shown it was thoroughly enjoyed by all. Participants have demonstrated a more positive approach to life after sessions and the physical activities have improved their fitness levels.

"The workshops have also developed participants' awareness of others abilities and capabilities and their willingness to help each other. Feedback from families and staff has indicated that these positive behavioural improvements and personal skills developments have been carried through into other areas of their lives, making daily interactions with one another more rewarding."

Nigel McLoughlin, clinical services manager for learning disabilities at the Trust said, "This project has proved to be really popular with people in our local communities who have made the most of the opportunity to try their hand at something new.

"By taking part in the workshops participants and staff have reported improved confidence and self esteem as they are happy with the things they've been able to achieve during the sessions. People have also improved their communication skills as they have been encouraged to engage with others, which staff and their families can now continue to build on in the future."

Pedal Power!

To enable occupational therapists (OTs) to offer a wider range of therapeutic activities to help service user recovery a mountain biking group has been setup at the Elmdale Ward in Calderdale.

Thanks to Creative Minds, OTs now have access to four new mountain bikes and cycling accessories. Benefits of exercise such as cycling include an increase in self esteem and confidence, better physical health, increased social interaction and a reduction in stress. The bikes provide an opportunity for two service users, alongside two members of staff, to engage in the activity as part of the weekly programme offered to service users on the ward.



Kath Nichols, occupational therapist on the Elmdale Ward, said, "Given the success at the Olympics and the Tour De France we have been able to encourage people to get into cycling knowing that we can actually support this interest. The funding from Creative Minds has provided

us with the opportunity to utilise cycling as a therapeutic treatment tool alongside other treatments promoting service user recovery. OT Richard Bates and healthcare assistant Chris Howard have gone above and beyond what's expected devoting their own time to ensure the success of this project."

Hairdressing

A Dewsbury ward's hairdressing project will enhance the current experience that service users are able to enjoy when participating in the weekly hair and beauty sessions on the ward.

Creative Minds funding has been used to purchase a fixed back wash basin, adjustable chair, salon standard hairdryer and protective gowns. The new equipment more closely replicates a real salon experience, which will in turn aid in the retaining of social skills for service users upon discharge from hospital.



“Creativity keeps you active.”
- Ann B



Funding was also used for Richard and Chris to complete the Trail Leadership Award with the national cycling organisation CTC so that they can facilitate the cycling sessions in a safe and meaningful way. (Pictured left)

The project has been such a hit it even won the Creative Minds category at the Trust's 2012 Excellence awards! (Pictured above)

Stargazing

Inpatients at Fieldhead in Wakefield will be looking in detail up into the night sky thanks to Creative Minds.

The aim is for several service users from each ward, with assistance from ward and therapy staff, to be able to look through the telescope from a high point within Fieldhead's grounds.

Participants will be able to take photographs of things they have seen through the telescope, map the stars, and take this information on to other art projects.

The hope is that this will be an ongoing project through the darker months and hopefully some of the summer months (before it gets too light!), benefiting service users for years to come.

This will promote participation and self esteem, encourage enthusiasm about a new hobby or project on the ward and promote health and wellbeing whilst experiencing time away from the ward environment.

Members of the group
interviewing Hayley Youell



Using digital media in therapeutic activity

A digital media project, 'Creative exchange', is enabling staff to use digital technology to engage service users in therapeutic activity in community services and inpatient wards across Barnsley.

The project has introduced the use of digital media equipment at the Trust in a creative and accessible way, which has built people's confidence and created new opportunities to use digital media to engage, consult and support care pathways.

At the beginning of the project pilot groups were run at Kendray hospital to give service users the opportunity to use the equipment to record themselves during Music, Words and Sounds workshops and to train staff in operating it. The workshops focused on: rhythm and drumming as this can help people with anger and stress management; poetry to explore people's expression and articulation of emotion; and music composition to build

confidence and communication skills.

Weekly sessions organised at Moorland Court give service users the opportunity to use the equipment to record, edit and produce films and audio recordings that highlight their stories of recovery and experience of services that have helped them. So far, the group have created a film about the Live Arts Cafe, a weekly social event that is run at Moorland Court - read more about it on page 10.

Anthony Payne, a support worker at Moorland Court explained, "During the groups we use the equipment to capture people's recovery stories, their experience of services and their thoughts on activities that they are involved with in the community. Being part of the project has led to an increase in people's self-esteem and confidence and they are developing skills that they will hopefully be able to use in the future."

If you would like to get involved in this project contact
anthony.payne@swyt.nhs.uk

“Creativity means progression. You also get a sense of achievement, reaching the goals you have set.”
- Neil J

Let's Move at Batley Resource Centre

The 'Let's Move' pilot project is a partnership between Batley Resource Centre and the Trust, via Creative Minds, together with Kirklees Local Authority and NHS Kirklees.

This pilot is a complete house-moving package for older people experiencing dementia, memory loss and other health conditions. Providing companionship and support through the use of Batley Resource Centre, volunteers minimise the stress of moving and help people to settle into their new home and community.

The volunteers work alongside clients before the move, assisting with tasks such as viewing properties and completing documentation. They accompany the person on moving day to help with unpacking, reading meters and learning how things work in their new home.

Following the move, support is on hand to help make new friends and become involved in the community; this may involve finding essential services together, such as the doctor, corner shop and post office, and accompanying the person to new social activities.

Clients will benefit from a supported service/companion to help them through what can be a traumatic experience. Older people will have confidence that they can make a house move which will potentially help them to have a better way of life.



Art for Wellbeing and the 1830 Gallery

Two of our Creative Minds projects – Art for Wellbeing and the 1830 Gallery – take place at The Artworks, an independent art school based within a former mill in Halifax. Now carefully restored, the building also houses an art studio and gallery space.



A taster Art for Wellbeing session

Art for Wellbeing enables service users to access art classes in a supportive environment.

Our service users are often excluded from such opportunities due to stigma, social isolation and/or lack of motivation and resources to maintain or seek out such activities.

Artworks offers a supportive environment along with skilled arts tutors who can (re)introduce service users to a range of creative arts. Artworks tutors are skilled in rapid engagement that produces satisfying results; anyone with an interest can attend, regardless of their perceptions about their drawing ability. All materials are provided and participants are able to take away sketchbooks and equipment so that they can practise in between sessions.

10 groups of people, from services such as inpatient wards, early intervention and substance misuse services, were offered two-week taster sessions in drawing classes, giving each participant five hours of teaching. In all, 42 people attended taster sessions. The funding also enabled Artworks to offer ongoing, mainstream art classes to those who wished to continue; the first term was fully-funded, with term two half-funded, offering a staged approach to independence for those involved. 15 people continue to attend mainstream art classes.



A Trust event held in the gallery



Learning to draw

About The Artworks

The Artworks is an original, innovative and independent art school in Halifax. Providing world class facilities and teaching by highly experienced artist teachers in the beautiful historic setting of a GII listed industrial textiles mill; the vast spaces host a fully equipped school, gallery, artist studios, and a variety of exciting creative enterprises. The Artworks has a reputation for being open and inclusive, providing a conducive atmosphere to individual creative development and an enriching environment to a very diverse mix of people who make up our community.

Find out more at www.theartworks.org.uk or by calling 01422 346900

“Creativity is about being myself.”
- Careyna Z

The 1830 Gallery is a multi-purpose gallery space that will operate as a social enterprise. The first floor of The Artworks has been fully refurbished, transforming the former mill premises into a spacious gallery which the Trust will be able to make use of over the next three years.

The gallery will be a prominent venue for local and national exhibitions, including service users' art, education programmes and conferences/training.

This will build further upon an already successful partnership and firmly establish Creative Minds in Calderdale and across the Trust.

Fieldhead *Sculpture* project taking shape



Working with tiles to practise skills



Mohammed practising mosaic skills



Working with tiles to practise skills

People who use services provided by the Trust have been working on an ambitious project to create a unique sculptural mosaic for the Fieldhead site in Wakefield. The brief was to create a sculptural work incorporating elements of mosaic, reflecting the aspirations and unique perspectives of all those involved.

The project has included service users from a range of wellbeing, learning disability and mental health services including residents at the Newhaven

Unit and the Bretton Centre, who have been heavily involved. The work has been led by award-winning artist/sculptor Amanda Wray supported by AiM (Artists in Mind) and the project has also received funding from the Arts Council.

To develop the skills and ideas needed to make the final piece service users took part in weekly workshops creating exploratory drawings, learning various mosaic techniques and building small

maquettes (models) in clay. A ceramic technician attended one of the workshops to teach the group how to use clay and Newhaven's arts and music practitioner Paul Dews was given guidance on using the kiln, a skill that can be used once the project is complete. All the skills learnt in these workshops have been applied to create and design the final piece.

The group of service users and staff, together with the professional artists, decided upon the human head as the sculptural form for the finished piece. Designs that kept recurring were heads, birds and sunsets so they have all been incorporated. The final design is a large head which is hollowed out to house a seat, creating an intimate space for conversation, or just to sit and enjoy.

Both the inside and outside of the head will be decorated using service user made clay tiles reflecting their own interests, likes and passions. These will be displayed in a mosaic style pattern which has also been influenced by service users who designed pictures of sun shine and light rays expanding within the hollow head.

Paul Dews, who works at Newhaven, said, "This has been a fantastic opportunity for service users to learn new skills and get involved in an exciting project. This will be the first site-specific sculptural artwork at Fieldhead and will be positioned in a prominent and accessible outdoor space for all visitors to the site to enjoy."

One service user who took part said, "I have been involved with this project from the beginning and am



Amanda working on the clay head.

Progress of Amanda's work can viewed on her blog www.openmindbighead.wordpress.com



Making waves at Phoenix FM

Calderdale radio station Phoenix Radio have, through their partnership with Creative Minds, been running Recovery Radio workshops that enable participants to explore new forms of expression and learn new skills.

To help develop confidence and build self-esteem participants were able to take part in the training programme to learn skills associated with working on a radio station. Activities included how to make a jingle, editing content, recording interviews and even how to build a portable radio.

One group that has benefitted from the sessions include En Route, a service user led mentor group for people who have used the Calderdale substance misuse service for alcohol problems. As well as developing the skills needed to work on a radio, members of En Route have also had the opportunity to talk about their experiences with alcohol abuse and incorporate this into the sessions. Through recorded interviews they have been able to promote the service and the recovery process as well as demonstrating how far they have come.



Chris making a mosaic patterned head

learning new art and team skills all the time. I feel I am contributing to something that will be therapeutic for others and I have very much enjoyed socialising with other members of the group as well."

Amanda has now taken all of the components away to her workshop to construct the sculpture. The big head measures around 2 metres high and has used around half a ton of clay to form the mould. This has then been cast to form the final piece, which houses the stainless steel seat. Once completed this sculpture will be installed at Fieldhead providing a legacy for future service users, staff and the public to enjoy.

Speaking about the project Amanda said, "It has been wonderful for me to work alongside a dedicated and enthusiastic group of people. We all found ourselves learning new skills and the group worked well together within a relaxing atmosphere. I just can't wait to see it all installed!"

About AiM

Artists in Mind (AiM) is a Huddersfield-based charity using the arts to support individuals experiencing acute and enduring mental ill health. Find out more at www.artists-in-mind.org.uk or call 01484 434 909



Members of En Route in the Phoenix FM studio

Creative social enterprise

Linking with Creative Minds, six new user-led creative enterprises have been developed for people with mental health needs and older people in Kirklees, including:

- Guitar orchestra**, in which participants learn chords, write songs and work as a group to prepare an original performance.

- Arts café**, an out-of-hours group where people come together to try a wide variety of different art forms; including music, visual art, animation and film-making. The emphasis is on the social aspect of creativity: somewhere to share ideas and work collaboratively with others in a relaxed and sociable environment. Those with their own ideas for a project will find the Arts Cafe the perfect place to try it out.

- Design Pod**, participants learn how to use editing software, digital cameras, scanners and electronic tablets, as well as discovering their many possible applications in art, advertising, publishing and film; bringing art forms into the 21st century.

- Wires**, where participants learn how to record and edit music and video using the latest equipment and software. The project is also collaborating with musicians, filmmakers and artists from around the world to create online works of art.

- Two new choirs for older people** (55+). These fun and friendly sessions offer people living in Kirklees the opportunity to improve their emotional wellbeing by getting involved in singing a range of songs in a welcoming and supportive environment.

Find out more: www.hootcreativearts.co.uk 01484 516224

Newton Lodge writers

A Creative Minds project at Newton Lodge (medium secure unit) has been working with people with mental health problems and/or learning disabilities to develop writing skills.

For 12 weeks the group worked on a number of activities, principally creative writing, exploring different genres and styles. Group size varied each week but was consistently around 7-10 people, with some coming every week. Sessions were designed so that it was possible to attend and benefit from every session but that it was also possible to 'drop in' and still be able to take part.

There have been a number of benefits as a result of the project, most notably around the breaking down of barriers. A common phrase at the beginning of sessions was 'I can't do this...'; participants repeatedly overcame this, producing work which was then praised by their peers and staff.

This creative project reinforced the idea of being able to successfully overcome challenges both in the session and hopefully in a broader context. There were opportunities for the staff and participants to interact and develop social skills in a positive environment, plus the chance to mix with people from different wards.

Alongside this were real benefits to participants' communication skills, in terms of both their literacy skills and their empathy and understanding of others.

This project will culminate with an anthology made up of some of the pieces identified by the writers as their best work.

Contact details:
www.yew-tree.com
01924 277844

Read more about Yew Tree on page 10.

Stepping out at the Women's Activity Centre

With the help of Creative Minds, a special project has been engaging with women, mainly but not exclusively from the Asian community in Halifax, in a regular programme of creative activities. The project, Stepping Out, is led by volunteers and includes sewing, embroidery, dressmaking, Islamic art and reading groups, combined with dance groups and social fitness sessions.

Up to 60 women attend the sessions every week and the centre has plans to develop the programme it currently provides with the introduction of drop-in sessions with a counsellor and a pharmacist advice session.

Sajeed Mahmood, operations director at the centre explains, "The focus of our centre and the activities we run is to boost local women's health and wellbeing, by educating them about health issues, informing them about where they can go for help and also building their confidence in being able to look after their

own and their families health. We want to help women make informed choices about accessing healthcare, including highlighting the services they can get from their local pharmacist, GP and hospital.

"We also want to motivate women by giving them the opportunity to learn new skills and build networks with those they meet at the centre. We have established links within the community to other forums and services therefore we are in a good position to help the Trust and other partner organisations develop connections with groups that are traditionally seen as hard to reach, such as the South Asian community.

"Our centre is by no means exclusively open to South Asian women, and by offering our services to the wider community such as during open days, we are also working to improve community cohesion and cross-cultural learning."

The Womens Activity Centre in Calderdale provides a culturally sensitive environment, where women can take part in daily activity sessions, socialise with others and find out more about health and wellbeing.

The centre also offers women health checks and hosts awareness days, inviting speakers from local charities and NHS services to make presentations and answer questions. Find out more at **www.waccic.com** or call **01422 252447**.



Advisory group behind the lens



Members of the Wakefield CAMHS (child adolescent mental health service) young persons' advisory group (CYPAG) have been putting a new set of skills to the test by making a film. The group is made up of young people who have been or currently are involved in the CAMHS crisis team and have been invited to join the group. CYPAG has been running since September 2010, established to advise the team on service development and evaluation and to help the service improve its mechanisms for service user feedback and involvement.

Working alongside a media production company, the CYPAG created a film exploring how mental health issues affect young people's lives. Ideas were created by the group based on their own experiences and focus on the stigma of mental health and what help is available. The project had a strong focus on engagement, learning new skills and developing confidence and members of the group were able to take part in the whole process from initial research and development through to creating a finished film.

The group were instrumental in creating the DVD with several of them taking on leading roles in the film and helping with the editing process after filming had completed. It has helped the members of the group develop their confidence in decision making and working alongside a team of professionals.

Senior practitioner Gill Newey said, "Their work on the DVD has been brilliant and it comes across how passionate they all are about helping other young people by tackling the stigma that surrounds mental health and accessing specialist services like CAMHS. We hope this DVD will help people understand what we do and what local help is available."

The work of the group was recognised at Excellence 2012 where they received the highly commended award in the 'partnership working and involvement category'.

What is CAMHS?

The child and adolescent mental health service (CAMHS) works with children and young people up to the age of 18, their families, carers and other professionals involved in their care. They provide support for problems such as eating disorders, self harm, psychotic disorders, depression or bipolar disorder.

The CAMHS crisis team provides a prompt and timely support to those in crisis and operates a 24/7 on call service for referrers who come into contact with young people in crisis. The team also provide an intensive community intervention response which hopefully prevents admissions and also tries to engage with people known to have significant difficulties in engaging with mental health services.

Young people from the advisory group are an integral part of the recruitment process for new members to the crisis team. The service user recruitment panel interview candidates, asking their own questions and exercises to test candidates' ability to engage and communicate with young people and to handle crisis situations. They then help with the final decision process.

“ Creativity leads to confidence, which everyone needs. If I'm feeling down, being creative helps me to feel good. ”
- PM

“ Creativity is making something new and discovering something new about yourself.”
- David P

“ Creativity is good occupational therapy.”
- Mathew A

Picture this!

The Ashdale Ward within the Dales Unit in Halifax has, thanks to Creative Minds, been providing an opportunity to become involved in a programme of photography projects.

Incorporated into the occupational therapy timetable, the projects offer participants a means of developing a variety of photography and editing skills.

Sessions include education on use of the camera and computer use for identifying relevant topics/themes

and editing projects. Individuals will have the opportunity to display their work within the ward and occupational therapy areas.

The benefits of this project include involvement in meaningful activity, promoting recovery through increased motivation, concentration, social skills and overall engagement with staff whilst staying in a ward environment.



Labyrinth therapy - whatever the weather

Creative Minds funding has enabled the purchase of an all-weather portable labyrinth, so that people can benefit from this alternative therapeutic activity come rain or shine!

The idea of walking a labyrinth is based on the idea of the journey of life and although the path twists and sometimes appears to go backwards, it eventually takes us to our goal.

Walking the labyrinth is used for reflection, contemplation, meditation, mindfulness awareness, concentration and focus. People who enter the labyrinth can enjoy

the value of quiet surroundings to reflect on their lives and take time to centre themselves and their thoughts. Evidence shows that stillness, silence and reflective mindfulness is beneficial for mental health, therefore the portable labyrinth offers the opportunity to boost wellbeing of patients, carers and staff.

Speaking about the labyrinth Mark Radcliffe, associate specialist in mental health, said, “The use of the labyrinth helps address the idea that it is when we hide from ourselves that inner conflict and torment can occur. The journey to the centre of the labyrinth is

symbolic of remembering and reconnecting with the whole (health) of ourselves in a compassionate and accepting way. Then when we come out of the labyrinth (the inner journey) we connect with the world again in a transformed way.”

The portable design means it can be used in different settings and walked by people wherever it is laid and transported to different areas in the Trust to support a wide variety of spiritual activities.

Its use both indoor and outdoor is supported by the Trust’s pastoral and spiritual care team who can offer guidance and instruction on how to use the labyrinth.

Contact pastoral and spiritual care on 01924 327318.

Did you know?

In Greek mythology, the Labyrinth was an elaborate structure designed and built by the artificer Daedalus for King Minos of Crete to hold the Minotaur, a mythical creature. Daedalus had so cunningly made the Labyrinth that he could barely escape it after he built it. It is believed the Minotaur was the embodiment of the shame of the King’s own inner self which he therefore hid away from.



Ripples of success on the waterways



The Trust's inclusion team presenting Safe Anchor Trust with their donation

A 'wellbeing through waterways' project has been developed in partnership with the charity Safe Anchor Trust (SAT) offering people who use Trust services a supportive environment to enjoy the waterways.

Creative Minds made a financial contribution which helped towards the cost of refitting two SAT canal boats that can be used by staff, service users or carers in any of the Trust's districts until 2014. The



Princess Anne with chief executive Steven Michael and equality and inclusion manager Aboo Bhana

boats are moored at Shepley Bridge Marina (Mirfield) and SAT provides qualified skippers and volunteers for all trips.

The boats create a very relaxing environment where group activities can take place at the same time as passengers learn the basic skills of canal boat steering and navigation.

Mike Foot, a Trustee of the Safe Anchor Trust, said, "Our primary aim is to provide boat trips for local community groups which, for reasons such as illness, special needs or social exclusion, would not normally have access to the waterways. Two of our boats have wheelchair access and our volunteers are dedicated to putting people at ease and working with different groups.

"The partnership between South West Yorkshire Partnership NHS Foundation Trust and the Safe Anchor Trust offers people the enjoyment of exploring the waterways, a chance to relax and even opportunities to spot local wildlife. This kind of activity – a complete break from the norm for many – can contribute to improved health and wellbeing as well as being a highly enjoyable day out."

One service that has already benefitted from the boats is the

Safe Anchor Trust

is an award winning charity based in Mirfield, West Yorkshire providing trips on the waterways particularly for people with special needs, those with health and mobility problems and socially disadvantaged groups.

Find out more at
www.safeanchor.org.uk
or call **01484 715572**.
You can also find them on
Twitter **@Safe_Anchor**

Horizon Centre in Wakefield, which provides specialist services for people with learning disabilities. As part of the care it provides it offers a wide range of facilities for assessment, treatment and specialist therapies. Occupational therapists were able to incorporate the new boats into one of their assessment sessions as a good way to evaluate people's progress. At the same time as trying a new skill it was a great time to relax and enjoy the countryside. The group particularly enjoyed waving to passersby and spotting the wildlife on route.

The Princess Royal visited Shepley Bridge Marina in Autumn 2012 to mark the official launch of one of the boats, the Austen Johnson. The Princess Royal is Patron of the national Wooden Spoon charity, the Yorkshire branch of which also made a significant donation towards the refitting of Austen Johnson.

Trust chief executive Steven Michael, said, "Wellbeing through waterways gives people who use our services the opportunity to enjoy the canal boats on local waterways in a supportive and friendly environment – this can make a tremendous difference to their wellbeing, confidence, social interaction and overall quality of life.

"The Princess Royal was very supportive of the work we have undertaken with the Safe Anchor Trust as part of Creative Minds. Given her background in equestrian charities she had a strong understanding of how creative approaches can really benefit an individual's wellbeing. She wished us continued success with our Creative Minds work and our local partnerships."



Connecting with canals

People who use Trust services in the Wakefield area have been taking part in creative workshops exploring the landscapes around us and their connection with it.

Canals Connect 2 was a three month Creative Minds project run by the Faceless Company in Castleford, Knottingley and Pontefract using silk painting as a method to look at how we view our communities and landscapes, including the waterways which run through the district.

Working alongside health and wellbeing development workers, community mental health workers and local organisations, the project was made up of 18 workshops for people who use Trust services and participants

included those over 50, carers and adults with learning disabilities.

Over 187 people took part using creative techniques accessible to all, to increase their wellbeing and create a sense of belonging to their area. The workshops encouraged cross-generational

working and provided a relaxing, social atmosphere.

As part of the project 3 art books with prints

of each artwork created have been made and participants were also able to keep their silk paintings to display both at home and within the groups they attend.

Laura Quinn, health and wellbeing development worker, said, "The project was a real confidence booster for many of the older people involved, many of them

had never been involved in such a creative project, and immediately thought they wouldn't be able to do it but before the end of the first session, the participants were hooked! They were so proud of themselves and each other. I have been working with this group for 3 years and I've never seen them quite so motivated and interested, everyone wanted to be involved!"

"It's been nice to do something different, and everyone really enjoyed it."

Raymond, project participant, Knottingley

About the Faceless Company

The Faceless Company is a professional arts organisation working nationally to increase access to the arts for all through outdoor performance, community arts and event management projects.

To find out more visit www.facelessco.com or call 01924 335985.

Museum minded

People have had the opportunity to explore a local museum in a unique way as part of the Museum Minded project. The Creative Minds project offered the opportunity to explore how museums can be used to improve and maintain wellbeing and focussed on Bankfield Museum in Halifax.

Creative workshops, which were developed and delivered by a museum education officer, took place using museum collections to help participants explore ways to improve their wellbeing in a safe and stimulating environment.

The project captured the interest of service users, who in many cases had never visited the museum, and retained their interest throughout, with the project's 'learning element' cited as the main reason for attendance. One individual who took

part in the project said, "If it hadn't been recommended to me by my community psychiatric nurse, I probably wouldn't have been confident enough to get in touch myself."

The project has helped raise the profile of museums as places that can contribute to a sense of wellbeing and since the work began a quiet space for reflection and contemplation has been created within the museum, which is available to all visitors.

Gup Shup discover their *artistic* side



Members of Gup Shup
with their artwork

Did you know?

"Gup shup" is a Punjabi term meaning something like the English "chit chat."



Women from the South Asian community in Calderdale have been taking part in art sessions as part of their Gup Shup community group, which provides meaningful activities to help improve their wellbeing and feel connected to the local community.

As part of the activities delivered the group, which is facilitated by the Calderdale Council's Neighbourhood Schemes Team, teamed up with community artist Sue Wapole, who was commissioned by Creative Minds to produce a single piece of art work. The aim was to utilise the existing needlecraft skills of the women in Gup Shup, whilst introducing them to different textile medium to which these could be applied. Together the group worked to produce a wall hanging, which reflected their lives and identity within the community.

Sue Walpole, creative practitioner who facilitated the group, said, "Working with the ladies was a totally fulfilling experience, the progression they made is evident; the older women have shown increased confidence with existing and new skills, and there are now many more younger women in the group. It was a pleasure to work with them."

"One of the best comments came from the daughter of one of the older ladies who had come up from London. She expressed deeply how

good the group was for her mother, that she talked often on the phone about the creative sessions and that the increased social element was a life line for her."

The lady's mother is the only member of Gup Shup from the Bangladeshi community and she only speaks Bengali. Other members are from Pakistan and speak Punjabi, Urdu and English. Despite the different languages this hasn't been a barrier and they have all still been able to help each other with the embroidery and felt making.

The wall hanging was unveiled at its new home of King Cross Library in Halifax as part of a special event in August 2012 attended by members of the groups and their families, representatives from the organisations involved and Councillor Jenny Lynn. In addition to the unveiling, there was also a photography exhibition in the library foyer demonstrating the different stages of the work.

Steven Michael, chief executive of the Trust said, "We have been delighted to have been part of the Gup Shup project helping to improve the health and wellbeing of women in the Calderdale community. This is a great example of how we hope Creative Minds can bring positive benefits to local people; using creative partnership approaches to healthcare not usually associated with the NHS."

Work is ongoing to develop Gup Shup into a self sustaining group in which it can work and share with the community on various projects attracting and engaging a wider audience and potential members.

"Creativity is relaxation and expression. It is the growth of the creative spirit already within me."

- WL

Find out more about Gup Shup online at www.neighbourhoodschemes.wordpress.com or call 01422 393794

Caring Garden opens at Fieldhead

A garden that can be enjoyed by everyone at the Fieldhead site in Wakefield is now open, thanks to Creative Minds.

The Caring Garden project was developed by a steering group made up of staff and carers. The aim of the work was to provide a green space that could be enjoyed by all, offer a relaxing environment and room for services to take part in horticultural therapy as part of their recovery pathway.

Work on the Caring Garden began in March 2012 with a fruit tree planting session involving members of the steering group and the Trust's chief executive Steven Michael. Since then the land has been developed into a multi-use space for visitors to Fieldhead to enjoy as well as staff and service users.

As well as a selection of fruit trees the garden includes growing patches for services based at Fieldhead and also groups from the community to grow their own vegetables and flowers. Flowers grown in the 'Flower Power' garden will then be given to wards. As well as the gardens there is a seating area where people can sit and enjoy the garden and a log cabin, which will provide a social hub for everyone who uses the caring garden.

The garden was officially opened by the Trust's director of corporate development Dawn Stephenson in September 2012, who was joined by service users and carers. After the opening people were invited to take part in a number of activity taster sessions such as bulb planting, Tai Chi and Nordic walking.

Speaking about the project Dawn Stephenson, said, "We were extremely excited to open the garden and mark the start of its use. The project group has aimed to create a space that can help improve the health and wellbeing of service users, staff and visitors at Fieldhead and we hope they'll enjoy it as much as we have creating it. We know from research that as well as providing a pleasant environment, gardens can benefit our mental wellbeing, by helping to reduce stress and anxiety. The trees and garden area will also help increase biodiversity on the site and increase access to green space. We look forward to seeing service users and staff as well as community groups enjoying the space. "

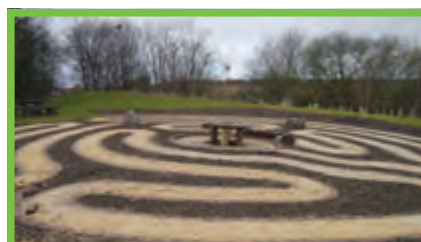
The final stage of the development is now underway and will see the completion of a landscaped labyrinth at the top of the site. This will be surrounded by plants arranged into beds themed by the four seasons and tranquil seating areas. (Read more about how labyrinths are used on page 28.)



Work on the log cabin begins



The log cabin and green house



The labyrinth



The tree planting team



A creative approach to filling the beds before growing season!



Members of the equality and inclusion team helping with the tree planting



The various growing patches available



Anne Brown planting bulbs in the Flower Power patch



Neil Jennings opening the garden with director of corporate development Dawn Stephenson

Boosting wellbeing through special art technique

A series of Creative Minds art and wellbeing sessions, led by mental health community development worker, Roya Pourali, have been engaging women and children in Barnsley in artistic activity.

The sessions, which were run weekly, taught 21 women and a man from nine different communities how to express themselves creatively through drawing and painting.

During the two hour sessions, Roya taught the attendees a new technique for painting and art craft,

which she has developed herself, so that even those in the group who had never painted before, were able to learn how to paint and produce art they were confident to exhibit at the end of the project.

The art work produced during the group was displayed during the Creative Minds Live event in Barnsley, read more on page 18.

The sessions also offered the opportunity to explore the variety of cultures in the group and participants were encouraged to gain an understanding of each

other, therefore forming bridges between cultural groups.

As women participated in the sessions their children were led through a number of games that allowed them to express their own thoughts and feelings creatively through sand play, drawing and painting.

Feedback from those who have participated:

“ I feel peaceful and really proud of myself and I count down the days until the next session. ”

“ The project made me talk about my mental health problem for the first time in my life. ”

“ I really feel calm after the session because drawing makes me forget everything in that moment. ”



Roya at the Creative Minds Live event with the artwork produced by the group

Spuds and Buds

The Spuds and Buds gardening group provides an opportunity for service users at Enfield Down, a rehabilitation unit in Honley for people experiencing mental health difficulties, to plant and care for their own vegetables and flowers.

Staff facilitate weekly sessions, working with service users to look after the garden. They also encourage service users to take responsibility for and enjoy the independence of tending to the plants during the week as they wish to.

Audra Braithwaite, occupational therapist technical instructor at the unit explained, "The group has a positive effect on people's physical and mental health as not only are they exercising and increasing their activity levels but they are also taking



*Audra with Aubrey
tending to the vegetables
in the planting troughs*

part in an activity that is mentally stimulating and encourages social interaction.

"The group was recognised at the

Trust's Excellence awards when we were shortlisted in the Creative Minds category, which everyone involved was delighted about."

To find out more about the group, contact Audra.braithwaite@swyt.nhs.uk or see the group in action in the Creative Minds Excellence award film on the Trust website www.southwestyorkshire.nhs.uk/excellence

Looking **back** and Looking **forward**

We formally launched our Creative Minds strategy in late 2011 at the prestigious Hepworth Gallery in Wakefield, and our progress since then really has been amazing.

Our strategy was originally conceived from feedback from service users and carers who wanted more creative approaches to improving their health and wellbeing. We further developed the strategy through a series of workshops involving service user, carers, Trust staff and other community partners. (Read more about our approach on page 11)

Once launched, the principles and philosophy of Creative Minds seemed to strike a chord with everyone it came into contact with. We've had so much positive feedback.

Because we used the term 'creative' quite broadly to include arts, music, sports and other leisure activities more people relate to it. Without initially realising it, we had created a genuine social movement that people wanted to support and get involved in.

It has been fantastic to see people participating in creative projects and finding a real passion for a particular activity or a talent they did not know they had. We have started to call this "finding your soul food" which in many cases can give individuals the means to potentially maintain their health and wellbeing for the rest of their lives.

Central to our Creative Minds strategy is working with internal and external partners and we're proud to have an ever-growing list of over 50 projects and

partnerships. We have a network of champions whose passion and commitment to creative approaches has helped to bring the strategy to life. Where we have invested funding into a project we have encouraged partners to find match funding and in most cases this was successful.

We have also developed Creative Minds collectives in our areas of Barnsley, Calderdale, Kirklees and Wakefield which are forums made up of service users, carers and staff who drive project development in each area and approve project bids from partners.

In each area Creative Minds has developed a range of creative approaches and activities that have promoted health and wellbeing, encouraged social inclusion, increased self-esteem, provided a sense of purpose, developed social skills and improved the quality of life of the people who have taken part in our programs.

Creative Minds is altering perceptions of how we deliver our services and started to extend our service pathways. Creative approaches offer a different way of engaging with communities and this has worked particularly well with people who have traditionally been more difficult to engage.

Throughout 2013 we will develop a business case to put Creative Minds on a more sustainable footing so it can continue to grow and develop into the future. We are looking to develop a framework for measuring the social return on our investment in Creative Minds and hope to work with local universities on a research project.

We have encouraged our partners to think about sustainability and we

will explore alternative forms of funding such as direct payments. This approach includes empowering service users to lead their own recovery by encouraging self-help, peer support, co-production and where appropriate social enterprise.

We would like people who use our services, their carers, staff and community stakeholders to continue to be an integral part of Creative Minds and help us drive the next phase of development. With this in mind, please do send us your ideas for creative projects or suggestions for creative activities that we could develop with our partners.

Please get in touch using the contact details opposite.

With every good wish,
Phil

Phil Walters

*Head of involvement
and inclusion*





Creative Minds

An invitation to become our partner

In order to further develop our Creative Minds work we support voluntary sector organisations and community groups to become our creative partners.

Creative partners work with Trust staff to deliver innovative, transformative and meaningful projects for people who use our services, and their carers - just like the projects you have read about in this magazine.

By having a number of partners we can ensure there is a strong infrastructure of community and voluntary organisations working with the Trust to provide high quality and creative projects for local people.

What can we offer creative partners?

- An opportunity to apply for financial contribution to project delivery
- Support and information
- Networking opportunities
- Help with marketing and publicity
- Training of Trust staff

If you're interested in finding out more, just get in touch with us - we'd love to hear from you.

An invitation to Trust staff

Creative Minds projects are running right across the Trust, in ward environments and in community settings - from small ongoing projects to big one-off events. If your team has an idea for how you could support people to improve their wellbeing in a creative, innovative and engaging way then just get in touch and we will explain available funding opportunities. You can also read more on the Trust's intranet.

Contact us

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



Email us: inclusion@swyt.nhs.uk



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

“ Creativity is the expression of feelings and helps in building confidence.

- Sharon H



