

Kirklees & Calderdale May 2025

Registered charity no. 1055931-13

Creative Minds is an NHS charity hosted by Southwest Yorkshire NHS Partnership Foundation Trust. We deliver creative approaches in health. These include the arts, horticulture, leisure, recreation, physical activity and sport.

Hello

This newsletter contains details of our current/recent projects across Kirklees and Calderdale. We have some trust-wide projects such as the Good Mood Sports programme, this includes our award winning Good Mood football league which consists of 6 a -side teams playing competitive football. Many thanks to West Riding County FA for their generous support with the league. We will also be trialling a knockout competition on 12th June 2025 at their lovely ground in Oulton and we are looking for additional teams to take part, contact me on 07827232698

With this newsletter I like to champion the work of local artists. For this edition we feature images from local artist Carolyn Hilton who also created Mindful Maker CIC. This is a supplying a project that will benefit learners from our wonderful [Calderdale and Kirklees Recovery College](#), (see details on page 7)

Best Wishes

Alex Feather

Creative Minds Development Manager



Artwork courtesy of Carolyn Hilton

Fantastical Flowers

These pieces pay homage to the Japanese Contemporary Artist Yayoi Kusama. Her work was the product of her mental illness. For Yayoi, creating art was also a therapeutic need.

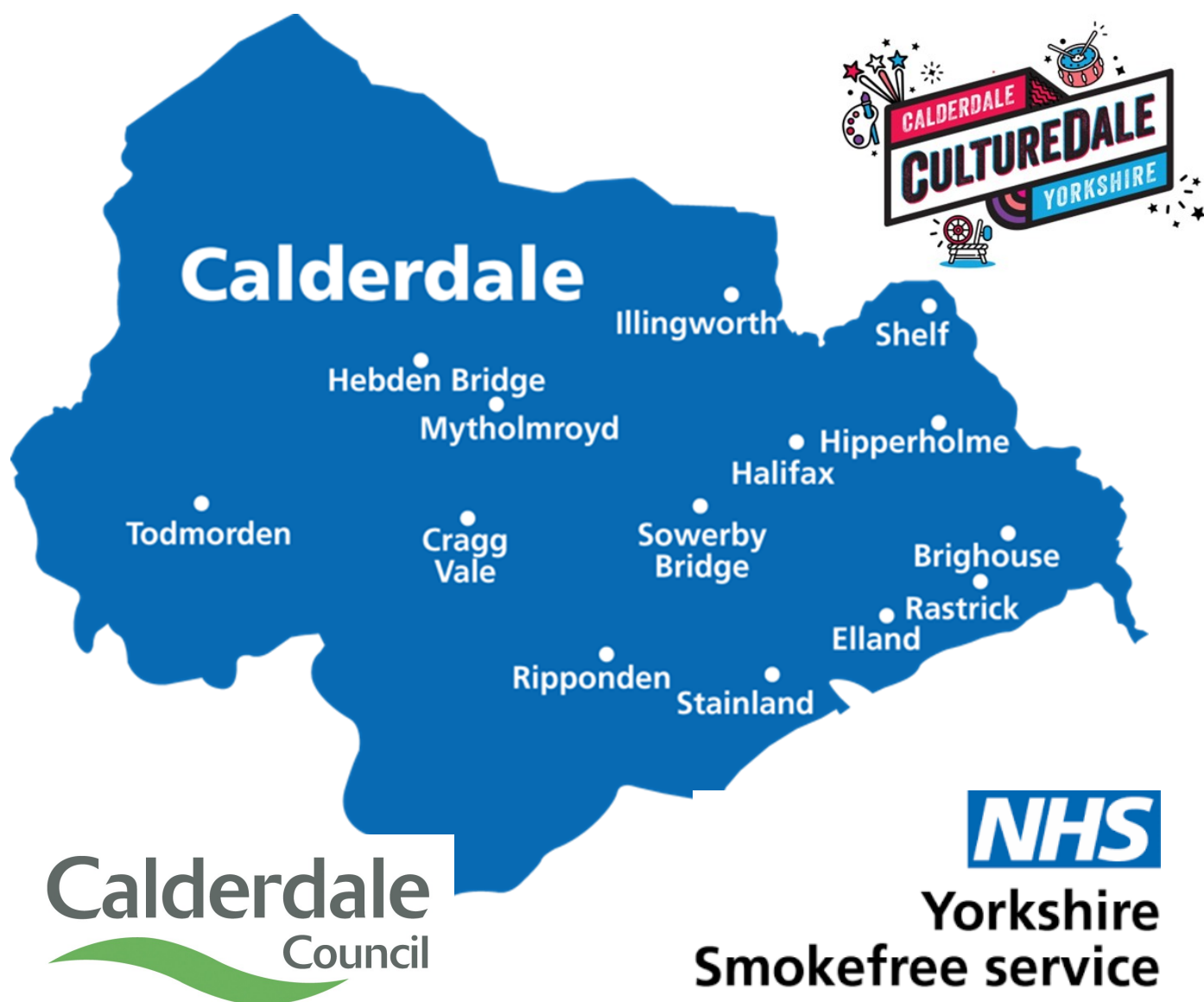
The 'Fantastical Flowers' composition was inspired by a fused glass piece I had recently made, which then I painted in the style of Yayoi Kusama using acrylic paint and posca pens. The background alone took over 50 hours, but it was strangely meditative and therapeutic.

Magical Mushrooms

'Magical Mushrooms' were four small 10 cm x 10 cm plywood canvases I created. While I continued to create the larger artwork, I used my Mandala Stone dotting tools in all the pieces to create the different sized dots.



Creative Minds funded projects in Calderdale



This year we are partnered with the public health service at Calderdale Council and our Calderdale Yorkshire Smokefree Service to deliver 4 projects to help Calderdale residents quit tobacco use.

These projects are open to adult residents in Calderdale.

We have 3 other projects to help people quit. These include the use of films from Verd de Gris Arts, creative activities for inpatients on our acute wards with our partner Everybody Arts, and workshops for people who identify as LGBTQIA+ aided by The Brunswick centre.

All these projects have been enabled by funds from Calderdale Council allocated by central government to help tackle smoking.

Want to quit smoking?

If you want to quit smoking, Yorkshire Smokefree have a team of advisors to help you. We offer phone support and help you to get the right stop-smoking product. This makes it easier to stop smoking.

If you live in Calderdale phone: 0800 612 0011. Ask for a call back by visiting the website online at:

[NHS Stop Smoking Service - Yorkshire Smokefree](#)

‘Crafters Tea’ – with The Halifax Minster Broderers

If you find it difficult to meet new people or are feeling isolated, come along and connect with others in a relaxed setting while enjoying a variety of craft activities. No previous crafting experience is needed, all materials are provided, including refreshments.

Each session lasts 2 hours. **Booking is essential as places are limited.**

Who is it for? People who feel isolated/lonely and find it difficult to meet people, people who love crafts

Contact: Tina Bower tina_bower@btinternet.com 07733183063

When: 1st / 3rd Friday's of the month, from 1.30 – 3.30pm There are three 12 week blocks between February and November

Venue: The Halifax Minster, Halifax, Causey Hall, Dispensary Walk, Halifax, HX1 1QR

‘Arts in Sanctuary: dance, drumming and design’ - with The St Augustine’s Centre

A range of workshops including sewing, dance, drumming and photography for adults and families seeking asylum and new refugees. The sewing project will end in pieces that are part of a Calderdale banner making project instigated by the Mayor: silk, wool, cotton and will be publicly available to see.

Who is it for? People seeking sanctuary (people seeking asylum and refugees) and others needing support living in Calderdale.

Contact: Elie Free 07974 253089 director@staugustinescentrehalifax.org.uk

When: till august 2025

Venue: St Augustines Centre, Hanson Lane, Halifax, HX1 5PG , People's Park, King Cross Street, Halifax, HX1 2TS

‘Curious Performance’ - with Curious Motion

Curious Performance is focused on the development of Curious Motion’s new inclusive dance performance company. The company brings adults together from across the Elland, Brighouse and lower valley areas of Calderdale to explore their own creative potential, learn new skills, make new connections, friendships, and boost their wellbeing. There will be two performances during 2025-26 to celebrate their achievements.

Who is it for? open to all adults

The company actively supports people living with health conditions (physical and mental), impairments, and those with no specific health requirements. No dance experience is required. Company members have the choice to participate in both the sessions and the performances, or just the sessions alone.

When: Weekly evening sessions from April 2025 – please contact Curious Motion for further information.

Venue: Elland – please contact Curious Motion for further information

Contact: hello@curiousmotion.org.uk or 07599 619785 [Facebook](#) [Instagram](#)

‘Family fun and friendships’ - with the National Autistic Society Calderdale Branch

Calderdale NAS provides monthly family activities to support the social and sensory needs of autistic children and young people. Our youth group offers creative play opportunities for 8-18 year olds in an all inclusive space. Activities include arts and crafts, cosplay, board games and Wii games. Roller skating sessions for 8-19 year olds include support for those new to skating or those who want to improve their technique. Refreshments are provided in the café area.

Who is it for? Autistic children and young people and their families

When: Please contact the branch for event dates and times.

Contact: calderdale@nas.org.uk www.facebook.com/calderdalenas

Venue: Youth group: Forest Cottage Community Centre, Cousin Lane, Mixenden HX2 8AD Roller skating: The Halifax YMCA, The Marlborough Hall, 13-15 Crossley Street. Halifax. HX1 1UG

‘Art for Wellbeing’ - with Everybody Arts

Join Art for Wellbeing at Everybody Arts, a peer led community group providing a nurturing and inclusive space for those who are seeking to support their health and wellbeing through art and creativity. These self guided sessions give the freedom to explore and express your personal creativity at your own pace, with a facilitator on hand to offer support and guidance when needed. Participants will experience connection and inspiration from a diverse community of artists within the art school with opportunities to develop their personal practice. No previous experience or skills are required to attend, just the willingness to explore creative ideas and have a go.

When: Wednesday afternoons from 1:30-3pm

Contact: Email: info@everybodyarts.org.uk Phone: 01422 346900 Website: www.everybodyarts.org.uk

Facebook: [everybodyartscalderdale](#) Instagram: [@everybodyarts_](#)

Venue: Everybody Arts, Shaw Lodge Mills, Shaw Lane, Halifax, HX3 9ET

'The Great Outdoors' - with ROKT Foundation

ROKT Foundation will be harnessing the power of climbing and walking in the great outdoors to support emotional health and wellbeing. Nature is a powerful medicine to getting and staying well. Our expert instructing team will give those new to climbing, the confidence to try this experience outdoors on our beautiful local craggs.

There will also be the opportunity, on select sessions to combine your outdoor experience with a session exploring creative writing, to explore feelings and nature through the immersive artform of bibliotherapy.

Who is it for? ChildrAimed at adults 18 plus. Must have reasonable levels of fitness.

Contact: katie.kinsella@roktfoundation.co.uk 01484937180

FB page ROKT Foundation X ROKT Foundation

When: Spring 2025 onwards

Venue: ROKT Climbing and Activity Centre, Mill Royd Street, Brighouse, HD6 followed by various local craggs and walking routes.

'step up to wobble' - with Age UK

A 10 week progressive exercise programme with the primary purpose of enhancing mobility, balance and physical activity which enables service users to remain as independent as possible and reduces their risk of future falls. Delivered by 2 motivating chartered physiotherapists. We would offer drinks and a chance for social engagement at the end of each session. (supported with funding from Yorkshire sport)

Who is it for? People over 50, particularly those who want to combat the risk of falls and declining mobility

When: Feb —Oct 2025

Contact: KerryLee Horton 07787 531253 01422 252040.

Venue: Rimani House, Hall Street, Halifax, HX1 5BD

'Nurtured by Nature – The Outback Community Kitchen and Garden' – with Halifax Opportunities Trust

Nature based health and well-being sessions in the Outback Community Kitchen and Garden. Sessions will include: Introduction to horticultural therapy, Eating for wellbeing, Nature based outdoor crafts/seasonal gardening activities

Who is it for? **Adults** living in Calderdale who wish to improve their mental health/wellbeing

When: April 2024 onwards

Contact: Sarah Waddington T: 01422 342552/07990 031075 **E:**

sarah.waddington@regen.org.uk

Venue: The Outback Community Garden, Lightowler Road, Halifax, HX1 5NB

'Grow well' - with Project Colt

Looking for a way to boost your well-being, connect with others, and enjoy nature? Our horticultural therapy program 'Grow Well', offers a welcoming space where you can experience the therapeutic benefits of gardening. Whether you're facing challenges, seeking relaxation, or want to learn new skills, our supportive team will guide you every step of the way. Gardening can reduce stress, improve confidence, and bring a sense of purpose. No experience needed—just a willingness to grow! Join us and discover how plants, people, and well-being flourish together. Book your place today and let's get growing!

Who is it for? anyone who finds well-being in nature, gardens, and gardening, as well as those looking to learn new skills or try something new in a supportive environment.

When: programmes and events run from March to autumn, with taster days available for you to give it a try.

Contact: louiseiredale@serenitywellbeinggardens.com

Dates will be confirmed on the following links:

<https://www.eventbrite.co.uk/d/united-kingdom--elland/project-colt/>

<https://www.facebook.com/louiseiredale>

<https://www.facebook.com/profile.php?id=100077233965233>

Venue: The Serenity Community Garden' at Project Colt Mills, Elland, HX50SG

'That Friday feeling' - with The Basement Recovery Project

Music and tai groups, aided by trained recovery builders who have lived experience of recovery

Who is it for? Clients of The Basement Recovery Project, members of the Calderdale in Recovery community their friends and family. People from all cultural background and those addressing mental health and addiction issues.

When: Feb 2025—Feb 2026

Contact: Lisa Whittaker – 01422 383063/07445 459666 lisawhittaker@thebasementproject.org.uk

Venue: please contact the above person

‘Back to being me’ with The Arch-Way Project

Back to Being Me brings people together through provision of 8 x structured, professionally led group sessions a week, including music & singing, art, drama, creative writing, guided meditation, Tai-Chi, Yoga and our ‘Mindful Miles’ Walking group

Venue: Arch-Way Project, Arden Road Social Club, Arden Rd, Halifax, HX1 3AG

Who is it for? People with mental health issues, neurodiversity, and who need more socialising

Contact 01422 251613

When: timetable here: [Arch-way Project](#) or contact them as above. Every day Monday to Thursday

Creative Minds Projects in Kirklees



‘Wobble boards’ and Yoga - with Age UK

A 10 week progressive exercise programme with the primary purpose of enhancing mobility, balance and physical activity which enables service users to remain as independent as possible and reduces their risk of future falls. Delivered by 2 motivating chartered physiotherapists and Umbrella Yoga (see below). We would offer drinks and a chance for social engagement at the end of each session. (supported with funding from Yorkshire sport)

Who is it for? People over 50, particularly those who want to combat the risk of falls and declining mobility

When: Please contact Age UK

Contact: KerryLee Horton 07787 531253 01422 252040.

Venue: Sundale House, Bradley, Huddersfield HD2 1SY, The Whitfield Centre, 180 Soothill Lane, Batley, WF17 6HP

‘Yoga to Tackle Mental Health in the Community’ - with Umbrella Yoga CIC

Community Yoga sessions in Kirklees. Our yoga sessions involve gentle movements and controlled breathing practices, which calm the nervous system and safely develop physical and mental wellbeing. Each venue will also host a ‘Yoga, Tea & Chat’ session. Participants join in a yoga session and then stay on afterwards to share refreshments and talk together.

Who is it for? Everyone! We particularly welcome people with the most to gain from the yoga - those people struggling with mental and physical wellness, lacking financial independence, who may be isolated and lacking in confidence.

When: Sessions will run through to sept 2025

Contact: Alida alida@umbrellayoga.co.uk or hello@umbrellayoga.co.uk Ellie 07402288146

Venue: Netherton: Netherton Methodist Church (*women only) Huddersfield: Clare House (*mixed group) Chestnut centre, Huddersfield Dewsbury Moor: Sports Hall (*mixed group)

‘Home, help and heritage’ - with Mukirka

Workshops and performances featuring music, poetry and art exploring the broad themes of Home, Hope and Heritage. Free to participate

Who is it for? Open to all residents of Kirklees/Calderdale or nearby (open to everyone and all abilities)

When: Springtime 2025 onwards date and time tbc

Contact: Mandy Cioch mandyian62@googlemail.com 07913123149 www.facebook.com/mukirka

Venue: tbc

‘Lukes lad’ & ‘Lukes lads 16-19 yrs’ — with TCD charity

Luke’s Lads supports men’s mental health through fitness and peer support. Sessions focus on well-being, connection, and resilience-building in a safe space.

Who is this project for? Men of all ages (7:30 PM) & young men 16-19 years (6:45 PM)

When: Tuesdays – 6:45 PM (16-19yrs) & 7:30 PM (for those who identify as male)

Venue: Jo Cox House, Batley (side entrance) 90 Commercial Street, Batley WF17 5DS

Contact: Referrals via www.tcd-charity.co.uk.

‘Forest School Song drawing’ — with Parent Sanctuary

Sundays are for family, fresh air, and fun! Forest School Songdrawing is a unique woodland activity blending singing, drawing, movement, and storytelling. Perfect for little ones to explore creativity, connect with nature, and develop focus, teamwork, and communication skills. A joyful, screen-free experience designed to improve the wellbeing of the whole family!

Who is this project for? Families with young children – generally under 8 years

When: Monthly on Sundays – dates on website

Venue: Grimescar Woods, Birkby, Huddersfield (off Norwood Rd).

Contact: www.ParentSanctuary.co.uk FB @parentsanctuary.wy Insta @parentsanctuary

‘Underpin’ — with s2r/support 2 recovery

Underpin is for any adult who would like learn how to alter or repair their own clothes?

Gain confidence and save money by making gifts or useable household items from leftover fabrics and materials?

Who is this project for? Anyone over 18 who can cope in a small group setting & is interested in re-using, altering and upcycling fabrics in a variety of ways

When: From Monday 3rd March 2025, 30 sessions throughout the year – Mondays 12 till 2pm

Venue: 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH and online through s2r social media routes

Contact: Support to Recovery Email: sian@s2r.org.uk Phone: 07933 358800 Facebook - S2R Create Space X - @CreateSpaceS2R

‘The Mindful and Creative Wellbeing Project’ - with the Mindful maker CIC

Carolyn Hilton of Mindful Maker CIC, will be delivering a four week project exploring Expressive Drawing and Painting and the mental health benefits of being present while creating. These sessions have been designed around the interests of previous Recovery College learners that attended her Mindful Monday workshops at the Howlands Centre in Dewsbury. Carolyn is a previous learner and volunteer with the college with her own lived experience of mental and physical health challenges. For more information: https://linktr.ee/mindful_maker

Who is it for? Adult learners of Kirklees Recovery College wishing to engage in Mindful and Creative Arts & Crafts workshops

When: 2nd—23rd June 2025

Contact: Calderdale & Kirklees Recovery College, <https://www.calderdalekirkleesrc.nhs.uk/ckrecovery.wellbeing@swyt.nhs.uk> Telephone number : 07717 867911

Venue: Mirfield Community Centre Water Royd Lane, Mirfield WF14 9SG

‘Wear and share’ - with the 6 million+ Charitable Trust

Who is it for? Asylum seekers and refugees residing in Kirklees

When: Mar—June 2025

Contact: Kim Strickson 07812 782082 www.facebook.com/6MillionPlus

Jane Wood 07952 810814 www.facebook.com/SharedGoodsCharity

Venue: Sessions at LBT Queen Street, Shared Goods, Huddersfield

‘CREATE digital art project’ - with Northorpe Hall Child and Family Trust

CREATE is a social group where young people can come together. The groups focus is to promote social interaction and communications skills to reduce feelings of isolation/ loneliness. We use creative outlets to learn new skills, build positive emotional health, social connections and communication skills. We are skilled in supporting mental health, social anxiety and SEN needs.

Who is it for? for youth aged 8 to 18 years old, with learning difficulties, disabilities and/or neurodiversity.

When: We deliver 2 groups in school term time, on a Wednesday evening. Group 1 for young people aged 8 to 13 years old and group 2 for young people aged 14 to 18 years old.

Contact: Emma – CREATE Project Leader 01924 492183

Venue: Northorpe Hall Child and Family Trust (53 Northorpe Lane, Mirfield, WF14 0QL)

‘Veterans and Veteran Carers Crafting Sessions’—with The Rural Veterans Hubs (Kirklees)

Woodcrafting, pottery making, painting, cooking, writing, and other crafts and some trips.

Who is it for? Veterans and Veteran Carers and families

When: 2nd Thursday of every month 6-8pm, trips are tbc

Venue: Denby dale First and nursery school,

Contact: Linda Rudkin, loobierudkin@outlook.com, 07769583334

[Rural Veterans Hubs Kirklees | Veterans | Huddersfield, UK](#)

‘Raising Aspirations through Music Production—Safe Space Studio’ - with Yorkshire Youth and Music

Young people will be supported to explore, experiment, create and express themselves through music, using professional standard equipment, instruments and resources. They will work in small groups, and will learn about the relationship between music and emotion, expressing their thoughts creatively, storytelling and making positive and beneficial life choices. The emphasis will be on creating tracks, and music that help young people express their views, describe and regulate their feelings. Along the way they will be developing skills, engagement and focus. Lyric or rap writing will develop expression and literacy, and writing will be used as the basis for conversations about positive life choices.

Who is it for? Safe space studio: Open access will be available for young people aged 16-24. Kirklees and Calderdale residents, LBGTQ+ and neurodivergent friendly. Free to attend, please email to book a place.

When: Thursdays 5.30-8pm

Contact: Yorkshire Youth and Music – Becky Pugh, Project Lead, 07977 223679, becky@yym.org.uk or tel: 01484 437434 email: contact@yym.org.uk www.yym.org.uk

Venue: Yorkshire Youth and music, The Media Centre, 7 Northumberland Street, Huddersfield, HD1 1RL

Creative Minds collectives

In order to make decisions about funding applications to Creative Minds we have a panel made up of our Creative Minds team and other NHS colleagues and members of the public. We call these panels “Creative Minds collectives”. We would welcome new members if you or someone you know would be interested. You don’t need to be an expert of funding applications but its useful to have an interest in creativity (the arts, horticulture/green care, leisure, recreation, physical activity or sport. Our panels met at

‘Raising Aspirations through Music Production 2’ - with Yorkshire Youth and Music

Young people will be supported to explore, experiment, create and express themselves through music, using professional standard equipment, instruments and resources. They will work in small groups, and learn about the relationship between music and emotion, expressing their thoughts creatively, storytelling and making positive and beneficial life choices. The emphasis will be on creating tracks or music that help young people express their views, describe and regulate their feelings. Along the way they will be developing skills, engagement and focus. Lyric or rap writing will develop expression and literacy, and writing will be used as the basis for conversations about positive life choices.

Who is it for? Young people referred by Kirklees Youth Justice Team, PIVOT Academy & Kirklees Youth Engagement Service

When: Throughout 2025 on weekdays during school term time

Contact: Yorkshire Youth and Music – Becky Pugh, Project Lead, becky@yym.org.uk or tel: 01484 437434 email: contact@yym.org.uk www.yym.org.uk

Venue: various Kirklees venues

‘Art for Ravensleigh’ - with Creative Minds & Ey Up

Creative Minds have been supporting a project to put up artwork around Ravensleigh resource centre. The project was initiated by local artist, Jo Doll, who shared their vision for helping to create a comforting and welcoming environment at the centre by installing more artwork at the service, in order to brighten up the atmosphere and enhance the experience of those who use the centre. Creative Minds Creative Practitioner, Jess Kelly, has been working with others to bring this vision to life, and has collated artwork, photography, and written word from those who are interested in having their work displayed at the centre. We have been awarded funds by the Trusts charity Ey Up ([EyUp! charity - South West Yorkshire Partnership NHS Foundation Trust](#)) for frames and printing.

Who is it for? People with lived experience of mental health issues and/or their carers. People who use the service at Ravensleigh. Staff and visitors who use the building.

When: Artwork has been collated. The project will likely take some more months to complete.

Contact: Jessica Kelly 07769 741095 email: Jessica.Kelly@swyt.nhs.uk

‘Art for Folly Hall Mills phase 3’ with Creative Minds

Since SWYPFT NHS service moved into the Folly Hall Mills site in 2010 we have had 2 installations of public art. Creative Minds is now seeking to revamp and provide new artwork and poetry for the building in 2025-26. Firstly we shall be seeking new funding to provide prints and frames and a celebratory event. Once that's secured we shall be asking for groups and individuals to supply appropriate artwork and poetry to exhibited within the building. Folly Hall Mills has many rooms and possible display areas and grade listed building. The current displays were very well received in a visitor survey and we look forward to refreshing and adding to the display. Art can really help to enhance the environment and feel of the building and provide exhibition space which is often in short supply.

Who is it for? People who use or have used mental health or learning disability services who want to display their art or writing, groups or partner organisations in the local community who want to display their work. Visitors and staff who like art.

When? We are looking to start the project in the summer of 2025. It is likely to take several months to complete

Contact: Alex Feather alex.feather1@swyt.nhs.uk 07827232698 for more details of how to get involved

Other projects:

Activity Packs

Creative Minds has commissioned Support 2 Recovery Create Space (S2R) in Kirklees, and The Artworks Everybody School of Art in Calderdale to create free activity packs. The packs contain activities that provide creative ways to help improve your overall wellbeing, and they can be accessed online from home. They are available as hard copies or online. They will be available to people who use SWYPFT services including wards please call Alex Feather 0782-2232698, and the online copies can be used by anyone.

To access to the online S2R activity packs please go to:

[Creative Minds Activity Packs | S2R Create Space](#)

Artworks has created indoor and outdoor versions:

[Outdoor Activity Book — Artworks \(theartworks.org.uk\)](#)

[Indoor Activity Book — Artworks \(theartworks.org.uk\)](#)

'Safety Nets' - with Creative Minds

Safety Nets is an intervention for children and young people. It's a collaborative project involving mental health services and professional sports and physical activity providers like The ROKT foundation. The project aims to improve the mental health and emotional wellbeing of young people in a safe and supportive environment, through wellbeing sessions and fun and uplifting team building activities. Free gifts are given out as an incentive. We can also help link young people up with other initiatives and activities. We have funds to offer travel support for the young people.

Who is it for? For groups of Young people aged 9-18 with mental health or wellbeing needs, organisations with groups of these young people who can work with us to provide Safety Nets sessions

When: usually Thurs– Fridays for 4-8 weeks of weekly sessions

Contact Creative Minds - Alex Feather 07827 7232698

Venue: various across Calderdale and Kirklees

Summer Funday for adults with learning disabilities @The Zone

The Zone St. Andrews Road, Huddersfield HD1 6PT. Themed activities, interactive games, ball games, yoga, dance and fete games with access to new multisensory chillout space. To be on the mailing list for these events please contact Alex Feather 07827-232698



The Good Mood football League

We currently have 9 teams but sometimes they need spare players and we welcome appreciative supportive crowds to support mental health and wellbeing. We will be having a knockout tournament on 12th June 2025 and will be looking for additional teams to take part. For info. contact Alex Feather. Supported by funding and assistance from West Riding County FA.

Your Kirklees & Calderdale Creative Minds contact is:

Alex Feather

Development Manager

I develop, co-ordinate, fund and manage creative initiatives. I have a background in the arts and community development. I have worked for the NHS in various roles for the past 17 years and I am a fossil collector.

Specialisms: music, bibliotherapy, art, neurodiversity, dementia, carers issues, taking on the appearance of Ken Dodd

Phone: 07827 232698 **Email:** Alex.Feather1@swyt.nhs.uk



Jessica Kelly

Creative Practitioner

Hi all, I'm Jess. I am deliver creative activities including music, art, Bibliotherapy, and walking for our wards, as well as for community teams and partner organisations.

Specialisms : visual arts, music composition and technology, performing arts, stop-motion animation, and creative writing. I also enjoy running and hiking, and have an interest in how connecting with nature and getting outdoors can also support with our overall wellbeing.

Phone: 07769 741095 **Email:** Jessica.Kelly@swyt.nhs.uk



Disclaimer

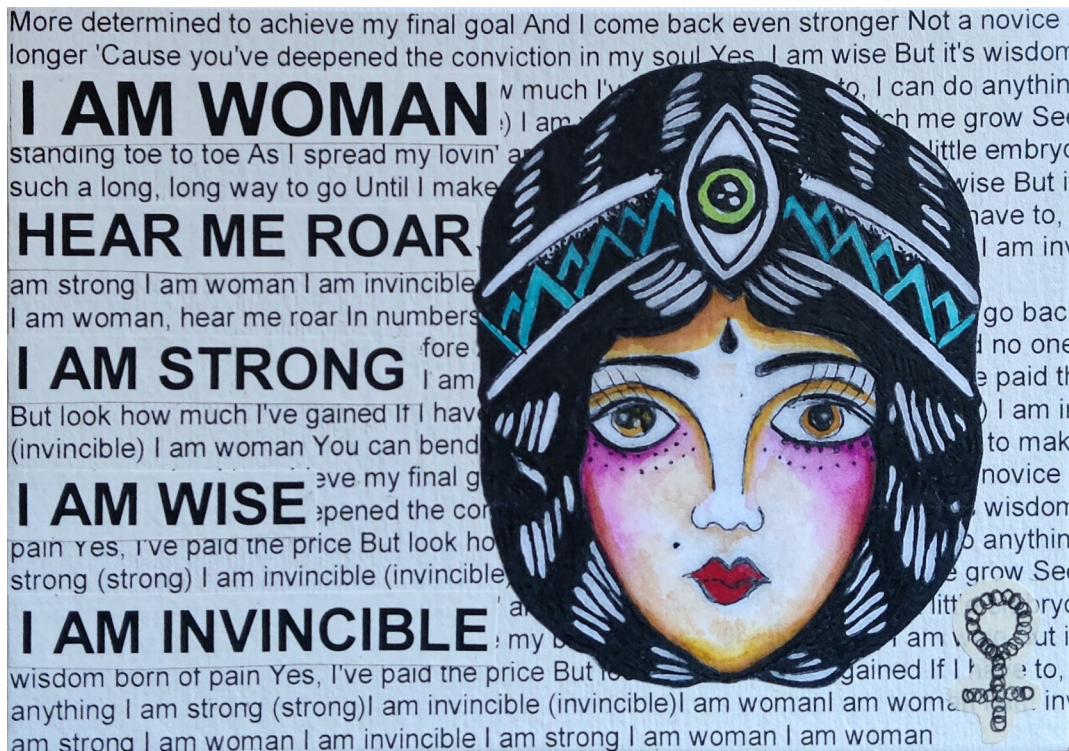
Whilst Creative Minds and South West Yorkshire Partnership NHS Foundation Trust takes care to provide accurate and up to date information, we cannot take full responsibility for the accuracy of the information contained in this newsletter and other Creative Minds promotional material. Do reach out to the contact details provided.

Artwork courtesy of Carolyn Hilton **Mindful Maker** *Being present in the art of creating*

Textiles and Tattoos

Textiles was my life, 27 years of it, until the pressure of my last role resulted in a physical and mental breakdown. My body now bears a new canvas. In the last seven years I have met some amazing tattooists and I am proud to wear their art.

This piece is a combination of my textile past and a new path to recovery. I was invited to create a number of artworks for an exhibition celebrating all female identifying artists. The exhibition, curated by Globe Arts in Slaithwaite, was titled 'I am Woman'. Coincidentally I chose the lyrics of Helen Reddy's "I am Woman" to feature in the piece as I felt a deep connection to the meaning of the song.



Mindful Maker

Since my breakdown one of the things I did was to reconnect with my creative self. I went back to college to learn new skills such as printmaking, painting, fused glass and ceramics. This piece was an early logo design for Mindful Maker.

Screen printed using a number of paper stencils onto tote bags and paper. At the time I didn't yet know this was to become my own company Mindful Maker CIC. I still continue to access courses for my own mental well-being alongside delivering workshops in communities supporting individuals creatively with their mental health.

