



May 2020

Kirklees & Calderdale

Registered charity no. 1055931-13

Hi all

Here at Creative Minds we develop and promote creative approaches for people who use services run by South West Yorkshire Partnership NHS Trust, their carers and our staff.

I am hoping you are all coping in these challenging times. This newsletter highlights some of the new projects we are supporting with our Creative Minds partners in response to the Covid crisis. It also contains other resources and help available from other sources including our very own Mental Health Museum and Recovery colleges. Our partners have come up with a myriad of different ways to engage with the people they work with but also by reaching out to new audiences.

I hope you have found ways to keep occupied in the home and the garden and whilst out for daily exercise. For my own wellbeing I have been enjoying sorting through my fossil collection. As I can't go fossil collecting I have spent many hours doing basic fossil preparation, whilst watching my favourite old movies.

Alex Feather

Creative Minds Co-ordinator (Kirklees & Calderdale)



A block of Yorkshire fossil Ammonite remains Alex has recently polished by hand.

What we are about

We introduced **Creative Minds** in 2011 in response to feedback from service users and carers about their desire for more creative approaches to understanding and supporting their health and wellbeing.

To date, **Creative Minds**, together with 130 partners, has delivered in excess of **500 projects and over 100 sporting events** which, in turn have benefitted **over 6500 people** who use **South West Yorkshire Partnership NHS Foundation Trust (SWYPFT)** services and/or their carers.

Creative Minds is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of hope, meaning and purpose, developing social skills, helping community integration and improving quality of life. We develop community partnerships to not only co-fund but also co-deliver projects for local people.



South West
Yorkshire Partnership
NHS Foundation Trust

‘Budding Up Together’ ... Growing Works

Project description	Who is this project for?	When
<p>Activities and suggestions for mental wellbeing, physical health ideas, gardening tips, nature interest on Facebook, Twitter, Instagram, Website and by post.</p> <p>Gardening advice via social media and blog on website.</p> <p>Maintenance of community gardens to be accessed and enjoyed in line with social distancing guidelines.</p> <p>Support for volunteers interested in gardening at community gardens.</p> <p>Small social gardening groups when rules allow.</p>	Anyone using SWYFPT services	May 2020 onwards
	To access this project contact:	Venue
	<p>www.growingworks.org.uk</p> <p>Info@growingworks.org.uk</p> <p>Rachel 07845 415289</p>	<p>Almondbury Library Community Garden (bottom of car park on Farfield Rd). & Rawthorpe and Dalton Library Community Garden, Huddersfield</p>  <p style="font-size: small;">Charity number 1160003</p>

Words in Mind – An anthology for our times

Project description	Who is this project for?	When
<p>To produce an anthology as a social record of the current times -reflecting on how the Coronavirus has affected our lives and the impact it has had on our mental well-being, with the focus concentrating on the positive consequences and factors in people's lives.</p> <p>There will be several on line workshops delivered by experienced creative writing practitioners to inspire people to write down their thoughts and feelings either in poetry or prose which will be collated and turned into an anthology which will be published and distributed through Kirklees and beyond.</p>	Primarily for Words in Mind volunteers and group members of Words in Mind sessions, including in-patient wards, NHS settings and community mental health groups and charities. It will also reach out to other mental health settings where appropriate.	The project will start early June and aim to have the publication at the end of October 2020
	To access this project contact:	Venue
	<p>Elaine Duffy - Project coordinator Tel: 07776588692 Email: elaine@tslkirklees.org.uk</p> <p>www.facebook.com/BibliotherapyKirklees/ tslkirklees.org.uk/opening-doors/words-in-mind/</p>	

Wellbeing packs ... Support To Recovery (S2R)

Project description	Who is this project for?	When
<p>Series of 6 wellbeing packs with creative activities, instructions and useful information to reduce isolation during Covid 19 lockdown</p> <p>www.s2r.org.uk</p> <p>https://www.s2r.org.uk/wellbeing-packs</p> <p>https://www.facebook.com/S2RCreateSpace/</p> <p>Twitter @CreateSpaceS2R</p>	Recovery College learners in Calderdale and Kirklees. Any spares will be available to other SWYFPT services. People can access the online version.	During Covid 19 Government lockdown
	To access this project contact:	Venue
	Contact@s2r.org.uk	Stay at home!
		

‘The Dandelion Clock’ ... Huddersfield Mission

Project description	Who is this project for?	When
<p>Sent out like seeds from a dandelion clock to capture in words and sound this strange time under lockdown. We will send out up to 500 packs with a variety of writing exercises. Amongst many enjoyable and expressive exercises, we will ask; how do you think the world may have changed for the better in 2021?</p> <p>We want people to be able to express themselves at such a challenging time. We are more isolated and our mental health more vulnerable. We want people to feel a part of something.</p> <p>We will include an information sheet with details of organisation that can provide support with mental health, advice and welfare provision.</p> <p>We are including a stamped addressed envelope to send back writing or calls for help.</p>	<p>The project is for people who have used the Huddersfield Mission support services this year. It is a wide range of individuals.</p>	<p>We will send out the activities in the first week of June 2020. We will preview the music in September, and then lock it away for a year. The music will be ‘unearthed’ in September 2021.</p>
	To access this project contact:	Venue
	<p>Samuel Moss: Advice and Activities Officer</p> <p>Huddersfield Mission</p> <p>Samuel.moss@huddersfieldmission.org.uk</p> <p>01484 421461</p>	<p>Huddersfield Mission</p> 

‘Songs from our Hearts and Homes’ ... WomenCentre

Project description	Who is this project for?	When
<p>We will create a variety of artistic responses to the theme of women’s experiences at home during lockdown, which our specialist creative arts therapists will support women to develop into song, dance, image and poetry.</p> <p>The first stage is to collect people’s impressions and experiences of the lockdown using a simple form that can be used by any worker from any organisation on the phone or via email, as they make befriender and check-in calls to their service users.</p>	<p>Our creative therapists and mental health facilitators at WomenCentre; staff from partner organizations in the Working Together Better Partnership; staff from Core, Enhanced< Insight team and IAPT Services; and the Recovery College team. SWYPFT wards</p>	<p>1st June – 30 October 2020</p>
	To access this project contact:	Venue
	<p>WomenCentre 01484 450866</p> <p>Or Weds/Thurs: Emily Druce emily.druce@womencentre.org.uk 07540 635711</p> <p>Weds/Thurs/Fri: Anna Townend anna.townend@womencentre.org.uk 07526 070728</p>	 <p>15 Lord St, Huddersfield, HD1 1QB</p>

‘It’s Okay to Wave’ Xylosound

Project description	Who is this project for?	When
<p>Music movement songs and drama sessions using enjoyable joining in material from Xylosound’s music ,dance and drama leaders: Andy Burton and Gill Bond.</p> <p>The sessions will be available on You tube and on DVD.</p> 	<p>Adults with learning needs who enjoy music movement and drama activities and especially for members of Xylosound and OK Drama clubs whilst in lockdown.</p>	<p>June to September 2020</p>
	To access this project contact:	Venue
	<p>Andy Burton andy@satellitearts.org.uk 01484 848072</p>	<p>Filmed from The Watershed in Slaithwaite. Search: Satellite Arts Xylosound</p>

‘Virtual fun and support’ ... Luv2meetu

Project description	Who is this project for?	When
<p>Luv2MeetU is a friendship and dating agency for adults with learning disabilities and/or autism. We support our members to develop their social networks, skills, confidence, health and well-being by accessing a diverse range of leisure opportunities in the local community and beyond.</p> <p>During covid-19 Luv2meetU is offering virtual social events using Skype, Facebook and group calls. Events are based on people’s interests and feedback received. Examples of events include quizzes, virtual coffee mornings, games nights, music sharing events, playing games such as Pictionary, online pc games, competitions, craft and film clubs.</p>	<p>Adults with a learning disability/autism who are socially isolated in Kirklees</p>	<p>1st June 2020 to the end of November 2020.</p>
	<p>To access this project contact:</p>	<p>Venue</p>
	<p>Luv2MeetU: 01274 655956 / luv2meetU@hft.org.uk</p> <p>Wendy.ponton@hft.org.uk and</p> <p>Kieran.fowler@hft.org.uk</p> <p>Participants are asked to complete a short application form to access the project.</p>	<p>All events are taking place virtually at present during covid-19 – via teleconference, skype and Facebook.</p> <p>You will need a computer, tablet or phone to join in, but don’t worry we can support you with this.</p> 

‘The Basement Recovery Project’

Project description	Who is this project for?	When
<p>The Basement Recovery Project will be introducing Zoom Arts and Crafts group sessions, a Walking and Running club and zoom Guided Meditation in Calderdale & Kirklees for people in recovery from addiction and the Creative Minds community. Arts and crafts, exercise and meditation help to reduce stress, boost confidence, increase empathy, boost brain productivity and helps to reduce the effects of serious health conditions as well as well as supporting the Five Ways to Wellbeing agenda.</p>	<p>The Recovery Community of Calderdale and Kirklees</p>	<p>Every: - Meditation - Tuesday 10.30am Arts - Wednesday 2.30pm Walking/Running group – Thursday 11am Sunday 12pm</p>
	<p>To access this project please contact</p>	<p>Venue</p>
	<p>Halifax office: 01422 383063</p> <p>Huddersfield office: 01484 512363</p>	

‘RELEASE’ ... Handmade Parade

Project description	Who is this project for?	When
<p>The project - ‘Release’ - represents the freedom of birds, whether we are escaping the confines of lockdown, our own minds or mental health struggles, our physical environment, whether it is our home circumstances or being detained under the mental health act.</p> <p>Participants will each create a bird that will be photographed and uploaded to an online gallery. The images will then be combined by Handmade Parade Artists to create a celebratory group artwork, to be displayed and shared online and also in a physical public space once lockdown is over.</p>	<p>Mental Health Service Users in Calderdale including people from The Dales Lyndhurst CAMHS Recovery College</p>	<p>Summer 2020</p>
	<p>To access this project contact:</p>	<p>Venue</p>
	<p>jude@Handmadeparade.co.uk</p>	

'Artworks at home' ... Artworks

Project description	Who is this project for?	When
<p>We are making printed workbooks full of creative activities that can be done at home.</p> <p>Our workbooks will also have information about support, guidance and ways to connect and engage with essential services and others under lockdown.</p>	<p>We are creating two workbooks, one for adults, one for children using SWYPFT NHS services</p>	<p>Ready by mid June</p>
	<p>To access this project contact:</p> <p>Lauren at info@theartworks.org.uk www.theartworks.org.uk/</p>	<p>Venue</p> 

'A Journey Through Nature' ...Globe Arts Studio

Project description	Who is this project for?	When
<p>Weekly virtual art class with Globe Arts Studio. Learn new creative techniques and build your art skills in this progressive course.</p> <p>We'll provide you with all the materials you need and full instructions each week. You can tap into the live class, catch up on YouTube with our 'How to' videos or simply work through the creative tips enclosed in the materials pack.</p> <p>The classes will run for 10 weeks, join us for all or dip in and out to suit you. And we will be hosting both a virtual and real-world exhibition in the Autumn to showcase your work, for those who would like to take part.</p>	<p>People 16+ using SWYPFT NHS services Carers Key Workers</p>	<p>June to August</p>
	<p>To access this project contact:</p> <p>Rebecca Sotho info@globearts.org.uk 01484 842887</p>	<p>Venue</p> 

'Willow Lane in Bloom – Happydays UK

Project description	Who is this project for?	When
<p>Gardening project in shared housing project which involves upcycling, litter picking, producing window boxes for other residents in wider community and the renovation of a communal garden.</p>	<p>Ex homeless men in Huddersfield</p>	<p>Ongoing</p>
	<p>To access this project contact:</p> <p>louise@happydaysuk.org</p>	<p>Venue</p> <p>Birkby, Huddersfield, HD1 5EB</p>

'Harmony Hub radio ... Awakening arts

Project description	Who is this project for?	When
<p>Weekly radio broadcast and podcast with singing, music, interviews and other activities. Partnership with Phoenix FM</p> 	<p>People with Dementia in Calderdale SWYPFT older peoples wards Care homes in Calderdale Members of the 'Be Here Now' group in Hebden Bridge</p>	<p>Coming soon.</p>
	<p>To access this project contact:</p> <p>Kaye on 07591157841</p>	<p>Venue</p> 

#Behindthemask - verd de gris arts

Project description	Who is this project for?	When
<p>AA AWARD-WINNING CREATIVE WELL-BEING COURSE FOR ALL WOMEN TOGETHER LED BY AWARD-WINNING ARTS COMPANY VERD DE GRIS</p> <p>FREEDOM We've learned that all women share the desire to be free ... free of all the negative emotions that pull them down as women</p> <p>EMPOWERMENT "I'd like people to know how scared I was to do these things but I want to live a stronger, happier life!"</p> <p>This is open to women of any age or background.</p> <p>NO CREATIVE EXPERIENCE NECESSARY Come and join us online for these gentle, yet stimulating fulfilling combined arts well-being sessions and embark on an amazing uplifting journey!</p>	<p>A project for women: women of different faiths, women of different ages, women with different lives - especially those struggling with anxiety, depression, lack of self-confidence and/or self-esteem</p>	<p>At present sessions are bi-monthly but can be watched any time</p>
	<p>To access this project contact:</p>	<p>Venue</p>
	<p>sharon@verddegris.org and we will give the link to our regular online sessions.</p>	

Mindful Living ... Sport Works

Project description	Who is this project for?	When
<p>Our six-week online mindfulness programme supports positive well-being and resilience for anyone who wants to learn a series of strategies to reduce stress and feel better about themselves. What's more, you can join our live sessions from the comfort of your own home!</p> <p>We're delighted with the consistently positive response from our learners, find out more about the benefits of our programme https://www.mindfulme-hw.co.uk/testimonials/</p>	<p>Over 18s who proactively promote positive well-being and those we are wanting to learn a series of techniques to protect their emotional and mental health.</p>	<p>June – July 2020</p>
	<p>To access this project contact:</p>	<p>Venue</p>
	<p>Please contact Bernie Leonard to book on or find out more information: bernie@mindfulme-hw.co.uk 07813285542</p>	<p>Online – via Zoom</p> 

'Art Challenge' ... Brighthouse Arts Festival

Project description	Who is this project for?	When
<p>A Fun Artistic Challenge to create artwork inspired by our amazing NHS and/or your response to the current lock down.</p> <p>Your artwork must create a fantastic spirit of optimism which unites around our shared emotions and give us hope for the future.</p> <p>Your inspiration might be the NHS or it might be the wonderful spring flowers in gardens and open parks, or indeed anything that captures your imagination in a positive way during the lock down. We shall then share works on our online gallery.</p> <p>10 entries to be part of the Brighthouse Arts Festival in October, virus regulations permitting. One entrant will be selected and win a framed version of their artwork to keep.</p>	<p>Everyone J but especially people who use SWYPFT HNS services, their cares and SWYPFT staff.</p>	<p>June 1st - 30th 2020</p>
	<p>To access this project contact:</p>	<p>Venue</p>
	<p>Email a photo of your artwork and contact details to: brighthouseartsfestival@gmail.com</p> <p>Or you can post it to: Brighthouse Arts Festival, C/O 5 Bradford Rd, Brighthouse, HD6 1RW NB Include your contact details</p>	

Other things to know

Internal Projects: Creative Minds works with various services within South West Yorkshire NHS Trust. Often this is by match funding projects and activity with our internal charity Ey Up. This includes the Arts Café at The Dales unit of Calderdale Royal Hospital. This offers a range of music and arts based activities for a range of inpatients, with entertainment often provided by our Creative Minds partners. Others include working with teams like the Calderdale & Kirklees Insight teams (early intervention in Psychosis). The 'Words In Mind' project provided by our Creative Minds partner *Third Sector Leaders* has trained staff and volunteers in bibliotherapy techniques (the use of literature, words and reading with a therapeutic benefit) and volunteers attend the Dales, Enfield, Recovery colleges and ward 18 at Dewsbury hospital to facilitate groups.

Recovery Colleges for Kirklees & Calderdale

Currently the Recovery colleges are currently unable to provide courses face to face but are providing a lot of support and information through newsletters, facebook groups and wellbeing packs funded by Creative Minds.

Recovery Colleges offer a variety of courses and one-off workshops to help improve wellbeing through learning. Many of these course and workshops are creative or activity based.

The courses focus on being mentally healthy, staying well and developing the knowledge and strength to overcome the challenges we can all face at times in our lives. Building our personal resilience, having confidence and self-esteem, to be able to make decisions and to believe in ourselves.

Contact the recovery colleges: **07717 867911** or email: recovery.kirklees@swyt.nhs.uk

To see their newsletters and other resources:

www.southwestyorkshire.nhs.uk/recovery-college/kirklees/resources/

The Mental Health Museum

The Mental Health Museum Online is a collaboration between the Mental Museum at Fieldhead Hospital and local community groups. Visit www.artscafeevents.org where you can help to research objects from the Museum collection, download copies of *The Virus Times* newsletter or join our story writing project. You can also get a copy of the newsletter and more information about the museum's lockdown activities by calling/texting 07464 655 411 or email maria.ineson@swyt.nhs.uk

Want to quit smoking?

If you're a smoker and want to quit, **Yorkshire Smokefree** have a team of advisors waiting to take your call. We offer telephone support and help to get the right stop smoking product, making it easier to stop smoking and stay stopped.

If you live in **Calderdale** give us a call now on 0800 612 0011 or request a call back via our website www.yorkshiresmokefree.nhs.uk.

Find us on Facebook: www.facebook.com/ysmokefree

Follow us on Twitter: twitter.com/YSmokefree

Follow us on Instagram: [@yorkshire_smokefree](https://www.instagram.com/yorkshire_smokefree)

Activities from other partner organisations

Local libraries have a fantastic set of resources to access whilst the libraries are closed

Calderdale Library Service:

www.calderdale.gov.uk/v2/coronavirus/service-disruption#libraries

www.facebook.com/calderdalelibraries/

<https://twitter.com/CMBCLibraries>

Kirklees libraries: online resources such as storytimes, author talks, **creative** writing and drawing workshops, along with much more can be found on our Wordpress blog at: [Kirklees libraries website](#)

[Facebook@kirkleeslibraries](#)

[Twitter@KirkleesLibrary](#)

[Instagram.com/kirkleeslibraries](https://www.instagram.com/kirkleeslibraries)

[Pinterest.co.uk/kirkleeslibraries](https://www.pinterest.co.uk/kirkleeslibraries)

HOOT from home by HOOT Creative Arts offers accessible creative activities that you can take part in at home:

Make Your Mark | Visual Arts & Drawing

Create drawings & marks with what you have at home. Pencil, pen, ink, paint, charcoal, squashed leaves, beetroot juice or dissolved coffee makes good ink. No paper? Use the back of an envelope, an old magazine, packaging or cardboard. Photograph your drawings and share them with us - we'll turn them into an online exhibition. [Click here for more information](#)

Sing With Us | Harmony singing at home

Join HOOT singers Jess and Moira who'll teach you the parts to a song that you can sing with us to. No need to read music. [Click here for more information](#)

Pen Letters | Creative Writing

Follow these simple steps to have a go at creative writing whilst doodling. This activity is for everyone – no experience is needed, just a pen and a piece of paper. [Click here for more information.](#)

Play Your Part | Collective Music Making

Listen to our backing track and record a sound to go with it. Send it to us and we'll turn everyone's submissions into a piece of music. [Click here for more information on how to take part and listen to the first track.](#)

Shabang is sharing Makaton signing videos and fun songs for families of children with disabilities.

And a zoom disco! www.shabang.org.uk Facebook - @shabanghuddersfield

Natures Footprints is delivering craft kits to local families in need: [Nature's Footprints](#)

Musica [Musica Kirklees – Online Music Tutorials on Youtube](#)

Yorkshire Sculpture Park are encouraging people to share their pictures of the park on Instagram:

[Yorkshire Sculpture Park](#)

Safespace @ Healthy Minds is now open every evening to ensure that people have access to support, particularly during the Covid-19 pandemic. For latest updates to their services please see their website and facebook pages: (www.healthymindscalderdale.co.uk/safespace.html). Safespace is now available every evening from 6.30 – 10.30pm. The last call taken will be at 10pm. Call 01422 345154 or contact by Facebook (Safespace Calderdale). email safespace@healthymindscalderdale.co.uk

Dewsbury Memories who work with people with dementia are doing zoom meetings to reminisce about memories of local Rugby clubs weekly on Fridays at 11am. Find them on Facebook and twitter or email: info@dewsburymemories.co.uk

Cloverleaf have started a Wellbeing Call Project in Kirklees, for anyone with a learning disability or autism who just fancies a weekly chat or catch up. They have a Whatsapp group chat, lots of local information ' support and advice. They supply a pack with a newsletter attached with fun activities- Activity books, seeds to plant and little treats. If you know anyone who would like a pack sending out and is happy to share their address Cloverleaf can do this, or would like a Well-being Call or to join the chat group, send a text with the person's name and number to: 07710020235.

Your Kirklees & Calderdale Creative minds contact is:

Alex Feather

Development Co-ordinator

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

t: 07827 232698

e: Alex.Feather1@swyt.nhs.uk



Don't forget you can follow us here too....

Facebook: www.facebook.com/Creat1ve.M1nds

Twitter: [@Creat1ve_M1nds](https://twitter.com/Creat1ve_M1nds)

Website: www.creativemindsuk.com

Get involved

Creative Minds has a Kirklees & Calderdale Collective

This is a group of people who help us make decisions and promote Creative Minds. If you are a service user, a member of staff, a member of the SWYPFT Trust, or a carer with an interest in creative approaches in health and would like to join the collective please get in touch with Alex. We meet a few times a year and converse mainly via email.

Are you a service user, carer, community group, or member of staff with an idea for a Project or a new partnership we would benefit from?

Please do get in touch with Alex Feather

Disclaimer

Whilst Creative Minds and South West Yorkshire Partnership NHS Trust take 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.

Poems from H. Golden

(volunteer at Words in Mind)

Awkward Volunteer

I've packed too many books in this here bag
I'm tangled up in my volunteer badge
You wander in to see who this fool is
(Argh, I've packed too many books in this bag)
You get a brew and flick through the pages
Seeing you settle in, makes me feel glad
That I packed so many books in this bag
Scuse my nerves, while I untangle this badge!

Messing with poems.

We tap them out on the desk
Sometimes if you are keen and
I'm feeling daft,
I'll try to rap them, (Julies better at that)
But we are both pretty crap at regional accents
So please forgive my attempt at Glaswegian
What matters is that we have a laugh
Or cry, at times, that's what feels right,
Hot, fierce tears flow out of nowhere
I carry a clean handkerchief for days where
Your sob falls upon the table top
I hold your hand as you read on;
Our eyes wet, your warrior voice wavering
Together we brave the heartsore places.

One day we take the sort of serious poem
We had to learn at school and we never liked much,
We just get stuck in and cut it up
Scissors sliding between the lines like butter
I stand on a chair - which is not advised -
And let the lines flutter down randomised
A jumbled up mess falling from a height
It lands and is now a brand new creation
Look, no hands, just daft group playing.

Castle Hill

There is a castle on yonder hill,
It oversees our town,
a grand old master,
standing tall,
Proud to hold its crown.

When weary from our travels,
we look out to glimpse a view,
a welcome sight,
that calls us back,
from places old and new.

There is a castle on yonder hill,
it oversees our town,
it keeps all of its secrets,
safely in its crown.

It makes us proud,
of who we are,
and from where we came,
we want visitors to view it
then they can feel the same.

It brings to us a comfort,
from all of the unknown,
for us it is the castle that lets us know we're home.

There is a castle
on yonder hill,
It oversees our town.
No other place is worthy,
to wear its trusty crown.

Jayne Holdroyd

Digital artwork from Jayne Holdroyd

