



ARTS Health & Wellbeing strategy

MAY 2006



Leeds Mental Health



Leeds Mental Health Trust

# Capturing Arts and Minds

A Strategy for the arts, health and wellbeing in Leeds  
2006-2009

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## Acknowledgments

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The Strategy has been developed by service users, carers and representatives from Artlink West Yorkshire, Leeds Mental Health Trust, Leeds MIND, Mind Odyssey, North West Primary Care Trust, Prescription:Art, Social Services, and Skippko.

We would like to thank all those who have shared their views, ideas and aspirations to help us develop a vision for the role of the arts in improving health and wellbeing of the people of Leeds.

# Foreword

## Foreword

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It is with great pleasure that I am writing this foreword for the Arts Strategy.

The instinct and ability to be creative is one of the distinguishing features of being a human being. This is not diminished, and can sometimes be enhanced by the difficulties experienced by people in their day to day lives. This is also true of people who experience mental health problems or learning difficulties.

Artistic activity in its broadest sense from painting to poetry, can help people understand the meaning of being alive, and offer an opportunity to reflect on the deeper facets of being human.

It is no exaggeration to say that art is often a window to the soul.

Producing something meaningful, tangible and coherent in what is an often a chaotic world is not easy. The work that you will see today, and in the future, is a positive affirmation of the response to this challenge. Not at least, of course, artistic activity can also be fun!

The Leeds Mental Health Teaching NHS Trust is proud, with its partners, to sponsor the Arts Strategy. We are committed to working together to make its aspirations a reality.

*Chris Butler*  
Chief Executive of Leeds Mental Health Teaching NHS Trust

When I was first introduced to one of the mental health teams in the Trust I was very reluctant to participate in anything I saw as 'Group therapy'. The whole idea of associating with others who suffered from mental health problems just didn't seem beneficial at all. How wrong I was!

Over the coming weeks I was gently encouraged to attend a creative group run by the service and at Leeds Mind Dove Centre, Seacroft. It was here the suggestions were discussed for a mural to be designed and painted by members of the group with the aim of the finished product being housed in a new building.

I presented the design to the group and discussions were held to ascertain what materials would be used, on what scale the mural would be painted and what role each of us would play.

I feel the whole atmosphere of the group is one of warmth, honesty where each of us has the space to grow in confidence, to feel inspired and to feel a sense of pride and achievement in the work accomplished.

It has been such a privilege to work with so many people with various abilities and age groups who have shown me how 'Group therapy' really is a lesson in determination, human kindness, tolerance and understanding. This has enabled me to view this as a stepping stone into my involvement with the Arts and Minds working group and network."

*Sharon Scott*  
Artist



# Introduction

## Introduction

**M**any arts projects are attempting to establish a continuum of support for people with mental health problems to improve both their well being and creative skills. Much of the practice and learning going on in this field can usefully contribute to wider health promotion strategies and the development of participatory arts with the general public. They need not be simply as specialist services for an excluded minority, but rather as core applications of the arts to encourage a healthy culture in a healthier nation. (White, 2004)

This strategy sets out a vision for a sustainable partnership approach to enabling both the arts to flourish in health settings and people who receive health services to participate in artistic activity across Leeds.

We believe that the partnership embodied by the Arts and Minds network, which harnesses a shared passion for the arts, will bring creativity to the heart of recovery focused health services. We believe it will promote the inclusion of those with health needs and experiencing mental distress into the wider community.

The strategy is grounded in a belief that the arts are life enhancing and

self-affirming as the building blocks of better health [1].

We use the definition of the 'arts' provided by the Arts Council England:

*Literature and writing, theatre and drama, dance, music, visual arts which include crafts, new media, architecture, design, moving image, and combined arts.*

Our scope is health with a particular emphasis on mental health and wellbeing. The connections are clearly spelt out by the World Health Organisation's recent declaration on mental health:

*There is no health without mental health. Mental health is central to the human, social and economic capital of nations and should therefore be considered as an integral part of other public policy areas such as human rights, social care, education and employment ... Mental health and wellbeing are fundamental to the quality of life and productivity of individuals, families, communities and nations, enabling people to experience life as meaningful and to be creative and active citizens (2005).*

By using a definition of health in broad terms we hope to begin to include our partners working in primary care and acute care and continue to build partnerships for the benefit of the whole community in Leeds.

'Uncertain  
beginnings  
- a vision for  
the arts'

Days come and go

but now

There is form to them

Slowly

Painstakingly

A vision for the arts is taking shape

Meetings enlivened by enthusiasm

Reports of achievements

Reunions at joyous events

Small advances along the way

Punctuate the year

Something is forming piece by piece

Intangibly at times

So that what seemed

Well nigh impossible a few years

ago

Is beginning to materialise.

It is the continuity of endeavour

Towards a goal

That has surprised me

Showing me the way progress

Is maintained in therapy

In the past so often defeated by the

first obstacle

I see now

The way a life

Can develop from uncertain

beginnings

Owen Turner

Arts Forum

[1] The Arts at the Heart of Health (Hull and East Riding Community NHS Trust

# Introduction

## Relationship between arts in health and art therapy

**W**hilst the primary focus of the strategy is on arts in health, the Arts and Minds network aims to offer support for the development of art therapy within Leeds.

*Alongside the broad spectrum of different ways of working with art proposed in this strategy, art therapy has a place in providing a use of art materials for in-depth psychotherapeutic work. Art therapy recognises that for some service users, problems might be so overwhelming that closer*



*containment in individual or group sessions is preferable to open groups. The safe psychotherapeutic boundaries*

*that a qualified art therapist can provide help to facilitate creative self-expression, and working with images offers a unique way for life stories and problems to be explored.*

*Art therapy sessions are divided into time for making images and time for discussing them with the therapist, and it is the non-verbal component of the work that is a special quality of art therapy. This means that it can be a treatment option available for people with communication problems such as speech and language difficulties and disabilities, English language difficulties, or, more usually, an inability to use language to describe powerful or disturbing feelings. Working with an art therapist, another language can be developed using colours, lines, textures, shapes, symbols and metaphors. When these are processed and made sense of in discussion with the therapist, they can be a step towards the understanding and verbalisation of problems.*

*Access to art therapy could be either through referral from a clinician or via the open art groups, which could have*

*a mutually accessible relationship with art therapy, so that open art groups could be stepping stones to art therapy or vice versa. For example, when someone felt comfortable using art materials in an open group and recognised the need for more in-depth work to be done, they could engage in art therapy. Similarly, after working in art therapy, the open art groups could be a stepping stone to accessing group work and community resources.*

**Hilary Brosh**  
Art Psychotherapist

Art therapy has a broad range of applications, and should be located within clinical teams. Because art therapists work with all ages in acute and rehabilitation settings, in hospitals and day-care and with a diversity of mental health problems, art therapy could be a treatment option for consideration by both referring clinicians and service users throughout Leeds mental health services. The Professional Head of Allied Health Professionals has the lead for developing art therapy within Leeds Mental Health Teaching NHS Trust.

# Principles and assumptions

## Principles and assumptions

The following are the principles and assumptions that underpin the strategy and the partnership approach embodied in the Arts and Minds network:

- Mental health is fundamental to overall health and wellbeing and cannot be detached from it.
  - People who use health services have a valuable perspective from their own experience. Their views, needs and aspirations should be at the centre of arts and wellbeing developments. They should be involved and lead arts activity and projects wherever possible.
  - The involvement of health and social care professionals can help to bring understanding between people who receive services and clinical staff.
  - The arts contribute to an empowering culture within health services that values the whole person.
  - Participation in arts and creative activities promote wellbeing and recovery as well as building confidence, self-esteem, social inclusion and participation.
  - The arts encompasses a broad spectrum of activity and we should
- aim to embrace this diversity and promote choice
  - The arts can contribute to improving health and social care environments thus promoting a sense of wellbeing and supporting recovery.
  - A partnership approach adds value by bringing together people who receive services, carers, arts organisations, health professionals and the voluntary sector together in arts activities. Partnerships build trust, mutual understanding and an ability to make the most of the resources we have.
  - Partnerships should value and respect the different strengths, values and approaches that each participant brings and should not undermine individual or organisational autonomy.
  - An academic, theoretical and philosophical contribution emphasises the seriousness and universality of art work developed by people receiving services.
  - Initiatives to secure resources for the benefit of the Arts and Minds network should never undermine the sustainability of participant individuals or organisations and should always seek and add value to the network as a whole.
- The impact of the arts on improving wellbeing and recovery should be continually evaluated to build a local evidence base.

“ It gives me an opportunity to express myself and it gives my brain a rest because while I am concentrating on painting I am not thinking about something that causes me stress. What we are doing here is fantastic.”

# Vision, aims & objectives

## Our vision, aims and objectives

Our vision for the Arts and Minds network and strategy is to embrace the participatory arts as a vehicle to recovery, inclusion and well-being where the arts is an integral part of health and social care. Our aspiration is also to bridge the gap between health services and mainstream arts activity, so challenging stigma and social exclusion. We hope to achieve this through a network with service users at the centre and multi sector partnerships across the city.

In order to achieve this vision we have set a series of high levels strategic aims and objectives which will form the priorities for the Arts and Minds Network over the next three years.

The aims have been developed through a number of events and activities that have attempted to include a wide variety of stakeholders. They are:

- Arts and Mental Health Workshop (November 2003) which was attended by fifty stakeholders
- Making Your Mark event (November 2004) for service users and carers
- Arts and Minds network visioning workshop (July 2005).
- Three month strategy consultation period

The strategic aims and objectives are described on the following pages.

“ The real joy of creativity is found in not just losing yourself in a moment of utter absorption. Making your Mark is something everybody can do – losing themselves for a moment to express something new about themselves”

*Participant in the Make*

*Your Mark event*

*November 2003*

# Vision, aims & objectives

## Partnership working - through the Arts and Minds Network

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The strategic aim is to build partnerships between service users, carers, health professionals, voluntary sector, artists and art organisations through the Arts and Minds network.

### Objectives:

- Secure funding and appoint a 3-year Arts Co-ordinator post to develop the network.
- Secure funding and appoint an Arts Development Worker to support service users, carers and workers to develop artistic activity.
- Secure a mixture of core-funding and fundraising activities to sustain the network
- Establish an ongoing cycle of opportunities for members of the network to network and share learning
- Develop an Arts and Minds website
- Develop a 'Time bank' to encourage participants to share skills and resources

'Art can create an atmosphere in which thoughts; reflections and memories are suddenly permitted. That can be liberating. You find that you're no longer reacting passively towards your world but responding to it wholeheartedly'

*Mad for Arts*



# Vision, aims & objectives

## Enabling an environment for the arts to flourish

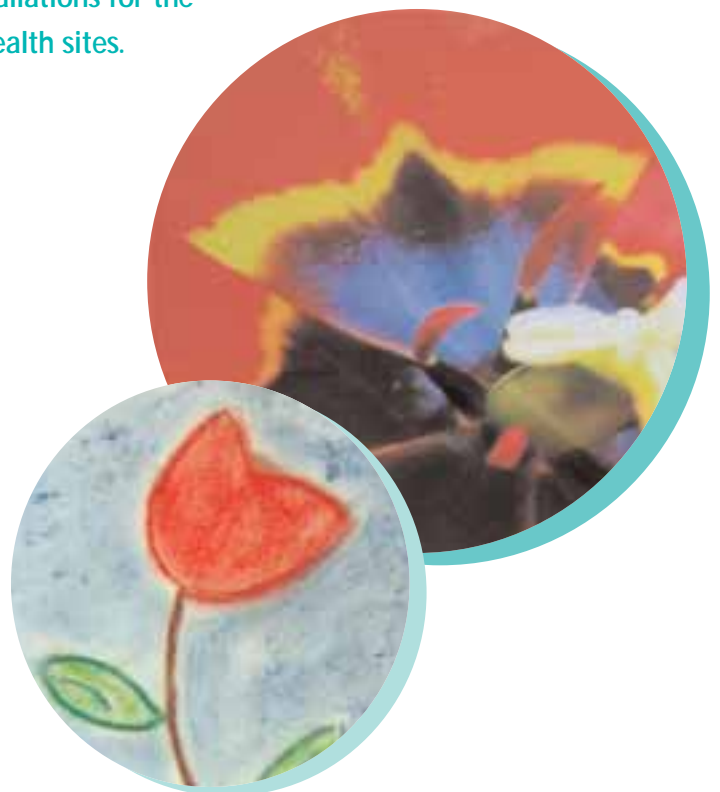
The strategic aim is to develop and access environments for individuals to create and display or perform their art. This will enable the themes of health and wellbeing to flourish in public spaces as well as creating safe spaces for people to engage in artistic activity, so improving the environment for people receiving health services.

### Objectives:

- Develop and utilise relationships with public arts organisations in Leeds to enable people receiving health services to create, display and perform their art in mainstream settings.
- Develop safe spaces for people receiving health services to create, display and perform their art.
- Develop programmes that aim to improve the quality of health settings (e.g. Kings Fund Enhancing the Healing Environment programme).

## Shopping for Art scheme with PFI development

As part of the Trust's reprovision plans and in partnership with Accent, funding was provided for workshops and competitions for the design of the stained glass windows, mosaic flooring and artwork. Service users were involved in producing and choosing paintings and installations for the new mental health sites.



# Vision, aims & objectives

## Arts activity/events and participation

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The strategic aim is to run an ongoing programme of activities and events, which enable service users, carers, healthcare professionals, voluntary sector, artists and art organisations to engage in the arts together.

### Objectives:

- Secure funding and implement a framework for a one-year initial programme of arts activity in both health and mainstream settings.
- Secure funding and continue to run the annual Mind Odyssey conference



# Vision, aims & objectives

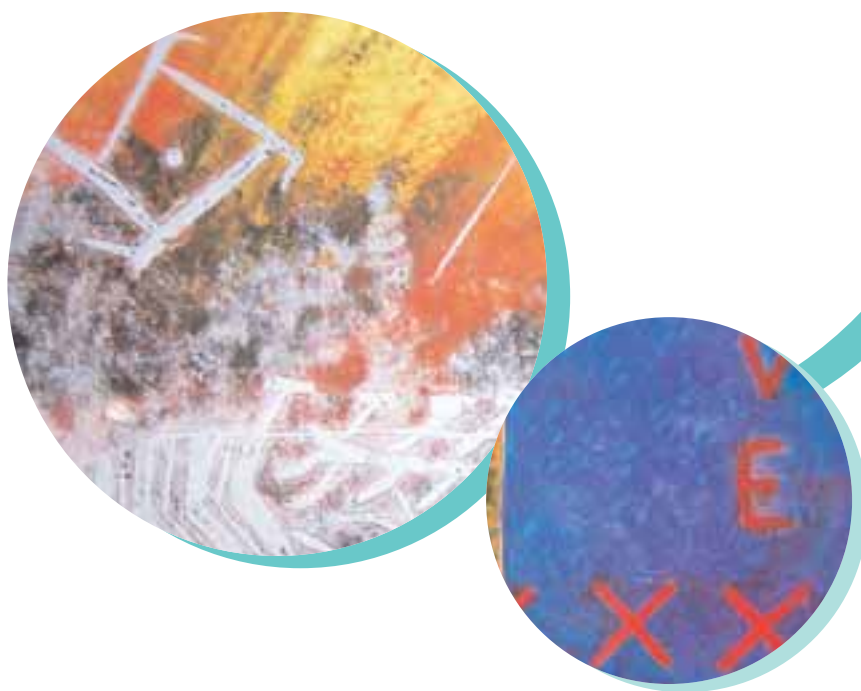
## Evidence of Impact

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The strategic aim is to build a local evidence base of the impact of arts in health and health in the arts through ongoing robust evaluation.

### Objectives:

- Develop evaluation tools for use by members of the Arts and Minds network through a one year research post [2\[3\]](#)
- Build in evaluation to all activity and projects undertaken by members of the Arts and Minds network and develop a local evidence base.



[2\[3\]](#) Funding for this post has already been secured

# Vision, aims & objectives

## Building capacity and sustainability

The strategic aim is to ensure the Arts and Minds network and related arts activity are sustainable so that the benefits can be built upon and developed over time.

### Objectives:

- Secure ongoing funding through grant applications and income generation. 3[4]

## Big Draw Event

This is part of a national campaign to encourage people to get drawing. It takes place through October 05 at over a thousand venues in the UK from schools, libraries, hospitals, shopping centres and museums.

As part of Leeds Mental Health Trust and the Arts and Minds working group, we registered a project called 'Drawing people In' across some of the services in the city. This was an opportunity to hold some inclusive fun sessions for people to participate during World Mental Health week.



3[4] Ideas for income generation include sponsorship and nominal membership fees for organisations involved in the network



# Benefits

## Benefits of arts in promoting health and wellbeing

**W**e believe it is important to understand the benefits of the arts and to build a local evidence base for its value and impact. Below are some of the benefits we have identified through the work we have already undertaken and other evidence we have found:

### **Promoting mental health and recovery**

Creative expression can be about feeling good and enhancing wellbeing as well as promoting recovery. This can also, at times, be painful and challenging. Taking part in creative activities can improve self-esteem, enhance quality of life and improve mental health and wellbeing at every level. It can reduce social isolation and anxiety as well as enhancing motivation and improving health.

### **Developing new skills and abilities**

Creative activity enables people to expand their experience of themselves and discover unexpected talents as well as new ways to communicate about themselves and their experiences. It enables people to develop new skills and take pride in their achievements. These skills can be transferred into

many areas of life such as volunteering, education and employment.

### **Promoting social inclusion**

Participating in artistic activity within mental health services can begin a natural journey to taking part in mainstream arts in the wide community.

### **Improving care and the environment**

Artistic activity can enhance people's experiences of receiving health services. It can encourage and inspire people both receiving and providing health services to work together and bring new perspectives. Public performances and/or display of arts work reinforces the value of the work produced or performed and can enhance the care environment.

### **Meeting national requirements**

Supporting arts activity enables health and social care organisations to meet the requirements of national policy and strategy, such as Standard 1 of the National Service Framework for Mental Health to promote mental health and social inclusion for all.

### **Your Health and the Arts – A Study of the Association between Arts Engagement and Health**

(Arts Council 2005) Aims to provide an evidence base for the positive impact of the arts on health. The extensive survey found that those respondents who had engaged in the arts were more likely to report better health.

### **The Impact of the Arts**

(Arts Council, 2004) Reviewed existing research about the role of the arts in social inclusion and health. One example provided is that the introduction of the arts into mental health care helps patients to find new ways of self-expression and acts as a vehicle for establishing communication with other individuals. Among the benefits are the use of creative writing in enabling individuals to organise and regain control over their own inner world, increasing their mental wellbeing.

# Strategic/National context

## National strategic drivers

In this section, the national drivers for the arts in health are set out and their relevance to a local strategic approach described. Also are some of the key organisations and programmes that aim to develop arts in health and social care services.

Government health policy in recent years has focused on preventing ill health by reducing social inequality and enhancing social inclusion. A number of recent Department of Health papers have set out a vision for a patient-led NHS that conceptualises individual health in terms of the complex variety of factors which may affect it (i.e. biological, social, cultural, economic, environmental, psychological). It is this broad conceptualisation of health that enables one to consider the role of the arts in the overall wellbeing of individuals and communities as a means of social inclusion and participation.

The **Choosing Health** white paper (2004) sets out the key principles for supporting the public to make healthier and more informed choices in regards to their health. The paper acknowledges that people are more

likely to take more control over their own health if they have more control over their lives. The paper advocates an approach to healthcare where the patient is both at the centre and an active agent in their own health.

The Department of Health **Creating a patient-led NHS** (2005) sets out a vision for a patient-led NHS with more choice, personalised care and empowerment of people to improve their health. The paper recognises the growth in local innovation and creativity in the NHS and advocates a more holistic approach to healthcare that looks after the whole person. The paper sets the tone for a culture in health services where the arts can play a legitimate role in a more creative and personalised approach to healthcare.

**Making it Possible** - Improving Mental Health and Well-being in England (NIMHE 2005) sets out a framework for action in response to both standard 1 of the National Service Framework for Mental Health (1999) and **Choosing Health** (2004). The framework makes specific reference to the arts as an area for social inclusion. The paper argues that the focus should be broadened from specialist mental health services to

the mental health needs of the community as a whole. Arts and creativity can play a significant role in promoting mental health and wellbeing as well as bridging the gap between health services and arts activity and organisations in the community.

The Department of Health is currently assessing the potential role of the department in setting strategic direction for the role of arts in health through a consultation process with NHS Trusts.

**The Mental Health and Social Exclusion Report** (2004) from the Office of the Deputy Prime Minister promotes the role of the arts in inclusion: *Arts are believed to have a therapeutic role as well as helping people reintegrate into wider society by increasing self - esteem, confidence and social networks.... Too many people have limited contact with people outside mental health services. People can engage with their local community through being a volunteer or accessing mainstream services such as college or leisure activities (p.89)*

# Strategic/National context

## National strategic drivers

The Leeds mental health community has responded to the Social Exclusion Report with a 'State of Readiness' report (2005) with an outline of the current position in Leeds in relation to the report. This report references and supports the local work being undertaken to develop an Arts and Minds strategy and network.

Other national drivers for the arts in health come from the arts community itself. Arts Council England's '**Arts Health and Well-being – a strategy for partnership**' (2004) key message is that the arts have the power to transform lives, communities and opportunities for people throughout the country. The strategy aims to develop the interface between artists, art organisations and health providers. One high level objective is to work with NHS Trusts to advocate for the appointment of hospital arts co-ordinators and where appropriate support their development and ongoing work.

The Department of Health white paper '**Our Health, Our Services, Our Say**' (2006) suggests that local health and social care communities should provide services and initiatives that promote health and wellbeing and increase access to community services.

The role of the arts in social inclusion is also captured in the Department for Culture, Media and Sport's (DCMS) strategic aim is to improve the quality of life for all through cultural and sporting activities. To achieve this aim the DCMS has developed four strategic priorities around which work is organised. Particularly relevant is the priority on communities:

*Increase and broaden the impact of culture and sport, to enrich individual lives, strengthen communities and improve the places where people live, now and for future generations.*

At a local level, the local strategic partnership, Leeds Initiative, has an **Arts Partnership** to give strategic steer for the development and promotion of the arts in Leeds. The Arts and Minds network is represented on the board and brings a health perspective to its work.

The King's Fund has an **Enhancing the Healing Environment** programme that it runs in conjunction with the Department of Health. The aim of this grants and development programme is to encourage and enable local NHS Trust teams to work in partnership with service users to improve the

environment in which they deliver care through the arts. Leeds Mental Health Trust has recently been approved as a site for the programme.

The National Network for the Arts in Health exists as an advocate for the Arts in Health field, bringing together the arts and health communities, disseminating a wealth of information, resources and products.

# Background/Evidence

## Background to the strategy and network

The concept of a partnership approach to developing an arts and health network and strategy arose out of existing successful work developed by the Mind Odyssey annual event and Prescription: Art who have been providing arts activities for people receiving mental health services for many years.

A small group worked together to develop a vision for the network and organised a workshop in order to share these ideas and consult with a wider group of stakeholders. The Arts and Mental Health workshop [2] attracted fifty participants from a wide range of interests and backgrounds who shared their views and ideas. A report captured these contributions and it has been used to develop the vision and aims of the strategy.

As a result of the workshop, a working group began to meet in order to take forward this vision. The group comprises individuals receiving mental health services, carers, artists and workers from health services, voluntary sector, social services and arts organisations. It continues to meet on a monthly basis and has co-ordinated

the development of the strategy. An eight - month secondment Arts Development Manager in Leeds Mental Health Trust has given valuable support and time to the group.

In response to feedback from the workshop, the working group organised an event for service users and carers, called **Make Your Mark**.

**Make your Mark**  
**In November 2004 at the West Yorkshire Playhouse 'Make your Mark' took place. It was a novel and fun consultation event to give service users and carers an opportunity to share their views about the vision for the network. Participants were able to try different creative media through workshops. Also actors from the play 'Ying Tong' took part and were photographed for the Yorkshire Post along with the involvement of individuals.**

*"I think it is important to have a place for people to be able to express themselves out of 'the services' – hospital environment. I think today has been successful in creating a calm, peaceful atmosphere, no preconceptions*

*or pressure. Art is so relevant in mental health in helping people to express themselves."*  
*(Participant)*

Leeds Mental Health Trust has demonstrated support for the network through an 'arts away day' with senior managers and by nominating the network as the NHS Live project for the organisation. This gives an opportunity for the network to access learning and development from the national NHS Live team and to both network and showcase our work to a national audience.

The working group continues to role model partnership working in arts activities whilst developing the network and strategy. Further information is provided in examples throughout the document.



[2] The Arts and Mental Health Workshop took place at Leeds City Art Gallery in November 2003



# Background/Evidence

## The local picture - developing the arts, health and wellbeing across Leeds

Over the last five years a number of art groups, projects and forums within the trust and other services have developed a strong track record in arts and creativity. In this section individual groups and organisations have used the space to describe what they do and their views about what the network and strategy means to them.

The services and organisations in this section are not by any means an exhaustive list and we hope to involve more in the network as we continue to grow and develop.

### **Eating Disorder service art group**

The Occupational Therapy service currently facilitates a weekly art group for in patients at the Yorkshire centre for Eating Disorders. The group is modelled on the idea of a creative workshop and is an open group to everyone.

The value of the activity is in the 'doing', although the end product has importance for validation. The group has explored beadwork, jewellery making, silk painting, glass painting,

collage and card making. When people are struggling with motivation, the group can provide a welcome distraction.

There are inherent gains from seeing an end product, including personal satisfaction and mastery. Because the people we work with often have an extremely poor self concept and self esteem, it is important that they have a chance for self validation.

We are about to use the same space for a new venture with Art Link West Yorkshire, a community based arts organisation. They will hold a project with the group facilitated by two artists for eight weeks with our clients, supported by the Occupational Therapists. The project will focus upon soft sculptural design using textural materials.

Hopefully, this will be the beginning of building links with similar community organisations for this unit.

*Catherine Hurley*  
*Centre for Eating Disorders*

### **Assertive Outreach team/Art link West Yorkshire project**

This project was about providing a space and a comfortable environment for service users to do something creative and with the support of artists. It also helped with creating a social forum by bringing people together through art in a way they would otherwise find engaging difficult. Both service users and artists worked together and pieces of artwork were photographed at the end of the project. Here are some comments from service users that participated:

*"Meeting people I might only have spoken on the phone"*

*"Seeing how different people's art work can be and wonderful cake"*

*"The group of people! All seem to work well together and enjoy each other's company"*

# Background/Evidence

## The local picture - developing the arts, health and wellbeing across Leeds

### Acute Community Services creative group developments

At the Acute Community Services (ACS), we recognise the importance of using and developing art and creative activity as therapeutic in its own right. Using art within ACS is a valuable way of helping people to build confidence through inclusion, it can also help improve concentration, help people to explore and communicate experiences and help people challenge themselves amongst other things.

We continue to aim to be inclusive and flexible in providing opportunities for people to be creative, but also provide more structured therapeutic group work.

A number of the ACS within Leeds have a well-established culture of creativity, good links with other organisations, enthusiastic staff and volunteers, which has set a positive tone across the trust.

*As part of the process of developing arts with ACS, it is important to be involved with other organisations such as the Arts and Minds Network, where people can get together to share ideas and enthusiasm about art and creativity, and to continue to be responsive to service user needs.*

*Lucy Coates  
South Leeds ACS*

### Artlink West Yorkshire

Artlink West Yorkshire is a thriving arts organisation established in 1985, with an arts and health perspective. We employ a wide range of professional artists to engage with vulnerable members of society. Over the past two years we have expanded the work we do to embrace a broad cross section of service user participation in the arts. This has included working with day service users within the Trust, voluntary sector and social services settings, as well as the Assertive Outreach Team, Child and Adolescent Day Services and the Eating Disorders Unit. We pride ourselves in quality artistic engagement with participants and aim to develop a sense of wellbeing and increased self-esteem by using art as a vehicle to recovery.

We have been part of the Arts and Minds Network since its beginnings in 2002, and see our role as ensuring the delivery of quality arts across a multi sector group of service users.

*Sylvie Fourcin  
Director, Artlink*



# Background/Evidence

## Leeds Mind and Creativity



### De Lacey House

We offer a range of art and craft activities, from pencil drawing to print making, modrock to mosaics. This is provided in a relaxed atmosphere and informal surroundings. The project believes in and backs user empowerment and encourages participation on all levels.

### Ashwood Day Centre

At Ashwood, we believe expressing creativity is part of people's recovery and we aim to give opportunities for this in a variety of ways. There are gardening, sewing, music, woodwork, art and craft groups. Our members can pursue their creativity individually or in our groups. We also encourage and support those who wish to pursue creative activities in the community. Being part of the Network will increase communication, support, knowledge and opportunities for service users and staff within Leeds Mind who are involved with creative activities. It will help us to feel inspired and part of something bigger than ourselves. The Network will raise the profile of creativity within the process of recovery.

### The Dove Centre

We hold art classes two days a week. One day is a general class of ten

modules. Students have the flexibility to develop skills and techniques at their own pace. They get a taste of different techniques and ways of developing their creative ideas through drawing, painting in different media, print making, collage, 3D, presentation skills and portfolio presentation. A combination of exercise based activities, individual and group work are used and students are issued with a certificate of achievement.

Students are encouraged to develop individual style, look at the work of other artists and visit exhibitions. For students completing this course, there is a group for further developing art skills and getting involved in the more commercial side of Art or Graphic Design. Art Graphics tutors work collaboratively on projects and students are encouraged to design work for the annual calendar, greetings cards, posters and in house publicity.

### Community Arts

Community Arts Project provides for ethnic minority groups (16-65 years) from Chapeltown and Harehills area who have had mental health needs, with the chance to be part of a structured art course in a relaxed atmosphere.

Within each 10 week course the students learn the fundamentals of art, drawing and painting, colour appreciation, design, printmaking and ceramics, from qualified, supportive tutors, who are familiar with the problems and difficulties clients may experience. We deliver our groups as supportive training with each course working towards an exhibition.

## Leeds Mind

*As part of Leeds Mind projects, being part of the Network will increase communication, support, knowledge and opportunities for service users and staff within Leeds Mind who are involved with creative activities. It will help us to feel inspired and part of something bigger than ourselves. The Network will raise the profile of creativity within the process of recovery.*



# Background/Evidence

## Leeds Survivors Poetry

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Leeds Survivors Poetry started some 14 years ago by half a dozen service users who met in Minds Green Room in their old premises on Woodhouse Lane in Leeds every Sunday to read each other their own poetry. For the next ten years every fortnight hold creative writing verse workshops in the room behind the Studio Theatre at Leeds Metropolitan University. Having held performances of poetry everywhere from internet cafes to community centres to the Host media centre in Chapeltown, having produced a successful anthology and recorded it for the talking book service for the blind, we are now working from two bases – The SHIP Project on the Headrow in Leeds and Headingly Library. We have always been user led and as democratic as possible although various individuals have always led different projects.

## Survivors Poetry

However, the latest move towards a strategy for the Arts in Mental Health can only bring back enthusiasm to this vital area. Leeds Survivors Poetry is only too happy to contribute to the success of this project and the Network being set up to facilitate this work in Leeds and help stimulate service user involvement in the 'Arts', locally. An organised approach to this area of endeavour can only be helpful. Hopefully the workers appointed in the future will have as an important focus the encouraging of users into involvement in the sector so that our grass roots 'bottom-up' approach to the Arts has some influence in the future of a City-wide strategy for the Arts in Mental Health. The project must maintain vitality and a clear vision of where it is going by involving service users in large numbers from the very beginning – it must not become just another project which got lost along the way.

*Tom Halloran*

*Co-ordinator Leeds Survivors Poetry*



# Background/Evidence

## Leeds Mind Odyssey Group

**M**ind Odyssey Leeds arose out of an initiative from the Royal College of Psychiatrists, "Mind Odyssey 2001" to celebrate the links between the arts and mental health.

Since 2001 a volunteer group of artists, art therapists, mental health service users and staff have met regularly to support the development of the arts in mental health locally.

Mind Odyssey is a

formally constituted group and see their work as a

catalyst to making things happen in the area of

arts and mental

health in Leeds. They

aim to bring professional

artists into mental health settings and

the artistic work and performance of

service users into the public arena.

The main way the group has pursued

this has been to hold an annual event which aims to engage the public, as well as mental health services users and staff, in the issues that surround the mental health services through the arts. Their events seek the highest standards in artistic activity and discussion by inviting expert speakers, artists, performers and educationalists and by holding workshops that ensure active participation by as wide a group as possible.

To this end the group has been successful in raising money

from the Arts Council, Arts @ Leeds, Health Promotion, Social Services and Leeds Mental Health Trust and

in working in

partnership with Leeds

City Art gallery, The Yorkshire

Playhouse, Ster Cinema, Leeds College of Music and Opera North among others.

" Mind Odyssey has supported the development of Arts and Minds and hopes to be part of the activity of the group in the future working with them with a common aim but a unique contribution"

*Celly Rowe*

*Consultant Psychotherapist*



# Background/Evidence

## Leeds Mind Odyssey Group

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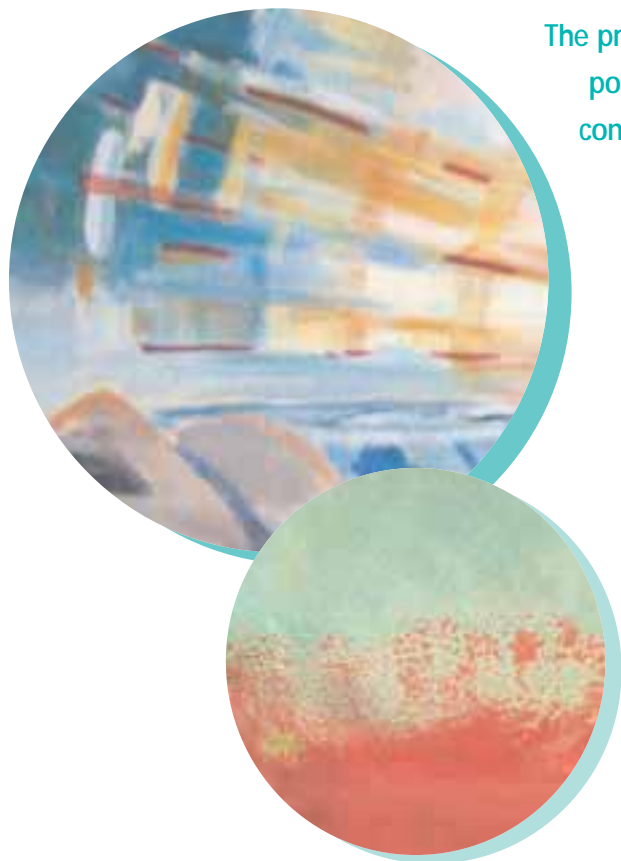
### Art and Science Project – an idea

The patient perspective on their experience of psychotherapy and the way that this use of art could communicate their experience interests me.

This project proposes working with volunteers from among the people who work in and use the Specialist Psychotherapy service in Leeds Mental Health Trust, by delivering a series of Art Workshops in relation to the concept of transition. I would also plan to exhibit a series of drawings, paintings and sculpture in relation to the projects' theme, which would be exhibited in a venue similar to, if not itself, the Thackeray Medical Museum in Leeds.

The project would be enabled through the Mind Odyssey Group as well potentially being an integral part of a future annual Mind Odyssey conference or workshop. This project would further define the existing relationship between Mind Odyssey Group and the Specialist Psychotherapy Service in the Trust.

*Paul Digby*  
*Artist*



# Background/Evidence

## The local picture - developing the arts, health and wellbeing across Leeds

### Open Mike Night

The 'Open Mike Night' at Café Society in the Becklin Centre is an after hours social hour created for service users, friends, family and staff. It meets fortnightly. Refreshments (coffee, tea and biscuits) are donated by Accent. The 'Open Mike Night' has been described by service users and friends as a welcoming, comfortable space to share creativity, have a bit of fun and make friendships.

### Open Mike Night

The time shared in a non-therapeutic setting gives participants positive affirmation, confidence and enjoyment.

"It feels a bit like a break from the hospital to be off the wards." It gives service users a venue for positive self expression, and helps make the evening much shorter.

The talent comes mostly from service users themselves. We have heard poetry, music, songs, jingles, guitar, fiddle, and rap. One night was dedicated to art, pictures, quilt making, pottery.

A drama group from Leeds Mind performed part of a play.

We will have the TONIC Choir performing at Christmas. Currently two service user development workers are facilitating the evenings along with the Chaplain. It is hoped that more development workers and volunteers will participate.

*Melodie Kimball  
Chaplain, Becklin Centre*

"It feels a bit like a break from the hospital to be off the wards."

### 'RU NHS'

We are all people with mental health issues. The band originally started as a music workshop formed by members of the Space Yorkshire Self Help Group. All the original members deserve their credit for the material we perform today. At first we performed only at 'mental health' events. We were given our

first engagements by Leeds Survivors poetry. Some of our songs began life as poems we set to music.

More recently we have recorded a CD and played in public. This represents a huge movement from the original idea behind our music.

The band has added value to the lives of many mental health survivors. Approximately 100 are cited in the credits on our CD. We currently have four performing members. Our decisions are taken democratically.

*Ginge  
Service user development worker,  
LMHT*



# Background/Evidence

## prescription: art

Prescription: art began on the 31st of January 2001 at the Roundhay Wing with a group of service users who were inpatients at the time simply because they found their time on the wards un-stimulating and thought it would be much better used by being creative. It is an informal service user led organisation in which the people involved can be as committed or uncommitted to it as they want, in which they can explore and engage with their own creativity in whatever or whichever way they feel and in which all those involved have an equal voice in any aspect of the organisations work. Prescription: art is founded on purely autonomous principles it is valued very highly.

Prescription: art has grown to fifteen groups in eleven mental health, social care and community settings. We have advised other NHS trusts and service user groups on how to set up and nurture similar organisations.

Prescription: art was instrumental in creating a permanent exhibition of service artwork within the Roundhay wing and we have been the prime mover in the process of normalising the

display of service users artwork within mental health units in Leeds, and we have carried on with our exhibition since the re provision of the Roundhay Wing to the Becklin Centre.

We have organised a huge variety of other exhibitions all over the country and in many other countries. We have also been involved with festivals and organisations such as Artists in Mind, Mind Odyssey and the European Social Forum.

We were involved in the development process that led to the creation of the Arts and Minds network. We are supportive of its general aims. We hope that the network will also be supportive of our aims and that it will provide possibilities

for collaboration with other groups and organisations. We hope it will help connect service users with groups such as ours, and be a central information resource for all those involved with creative and artistic enterprises in Leeds. More than anything we hope that the network will actually help those involved in financing and commissioning such enterprises take seriously the work of organisations like ours.

*Bob Mills*

# Background/Evidence

## Skippko Arts Team

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Skippko Arts Team is a visual arts organisation that develop and deliver creative arts projects in Leeds and West Yorkshire. Established in 1988 Skippko now has a core team of 4 and we also employ professional freelance artists to help deliver our varied programme of work.

Following on from a recent three- year project looking at the benefits of the arts in health and wellbeing, Skippko has continued to develop opportunities for vulnerable groups of people to participate in creative activities. We have been successful in delivering projects, which enable individuals to increase a sense of well being, and raise confidence and self-esteem, through engaging in the creative process. These projects bring people together from different community groups to create artwork, share experiences, show their work and celebrate their achievements.

Skippko has been involved in the Arts and Minds Network from the early days in 2002. The network is the place where we can discuss ideas, meet with other service users and providers, as well as encourage quality and good practice in the arts. We also have the chance to

contribute to promoting the arts as a vehicle to social inclusion and wellbeing.

*Mary Penford*  
*Skippko Arts Team*





# Background/Evidence

## The Arts and Leeds Social Service - mental health resources

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**M**usic, the visual arts and creative writing are an important part of the activities provided in the mental health day and residential services by the Leeds Social Services Department. They give the opportunity for service-users to express themselves, learn new skills and socialise with others.

The service-users are supported by staff, some of who have an arts background and tutors from Park Lane College and the Workers Education Association and volunteers from Prescription: Art. Their work has been taken out of the centres and exhibited and performed in galleries and events locally, nationally and internationally.

Creative activity gives service-users an opportunity to build their confidence and helps towards their recovery. They can learn a range of generic and artistic skills that can lead to a greater inclusion in society and potential participation in education and employment.

The Arts and Minds Network fits well with the Social Services view of mental health day services modernisation. It is an opportunity to work in partnership with other agencies, organisations and individuals to provide facilities and develop connections for mental health service users outside of specialist social care resources.

*Paul Mason*

*Acting Principal Unit Manager for Mental Health*

# Background/Evidence

## St Mary's House Art Forum and TONIC

Born out of service users who wished to showcase their art work, the Art Forum began in August 2000. Its philosophy was service user led, and it aimed to promote people with mental health problems in a positive light and to demonstrate that we indeed have talent, and can be artistic and creative. Artists could utilise space at St Mary's house to work and monthly meetings were established to share ideas and support. Several successful exhibitions at St Mary's followed, which gave service users the opportunity to display their work and have it viewed by the public and receive the recognition they deserved.

Service users have displayed work in other clinical areas and local businesses and have succeeded in receiving outside commissions. The art forum now has a regular day (once a week) on which service users old and new can utilise the creative room. Creative groups have been offered that are service user led.

The arts and minds network would be of value to the art forum, as it would give



the forum more coverage. It would validate the art work by giving it a voice to a larger audience.

*Kate Baker*

TONIC - Leeds Teaching Hospitals Trust - TONIC is the arts and environment programme for the Trust. The team has developed a wide range of creative activity within the Trust for people receiving and delivering their services.

TONIC has an arts club for Trust staff that enables them to access discounted tickets for local theatres. They have a writer in residence and bring in other local and national artists to work in the hospital. The team are involved in designing the hospital environment and displaying artwork. TONIC sits within the estates and Facilities department of the Trust. They have some core funding and have a role in fundraising to develop and sustain the programme.



# Background/Evidence

## The Power of Music

I started drumming in 1991 at the Northern School of Contemporary Dance. The drummer for our community dance class played Djembe (an African drum) and suggested I go to a drumming workshop. I did and was interested. I continued classes for three years with my teacher master drummer (from West Africa). I've never stopped since. A group of Suma's students took part in performances with him and then we formed our own performance group. I never thought I would play an instrument and perform in public.

I was asked to teach some one and then with a fellow drummer we started running a small workshop once a week. It gave me a lot of confidence and pleasure.

Music has always been a passion with us and the power it has to make you feel good even more so when playing it live.

Our family has had its own experience of mental health problems and music has definitely made a difference to me. The college of music contacted me to request for an African drumming

workshop at Roundhay Road Day Centre. This was the beginning of an exciting and eventful partnership. Following this Touchstone Resource Centre funded me.

The music group went from strength to strength and they have shown commitment and are confident to perform by themselves and in public.

"Made me feel good learnt to drum its nice and relaxing"

### Accomplishments have been:

The National mind conference, performance and workshop; a CD of their own music made at Host Media Centre a DVD made with BBC Altogether Now Project.

The group have started by their own instruments through the Flexi Fund and also one person has set up her own group at De Lacey House.

Here are some of the comments of how this group makes them feel quote;

"The best group we've had it makes you feel better when haven't got any confidence".

"Made me feel good learnt to drum its nice and relaxing".

"Doing things I never thought I could do"

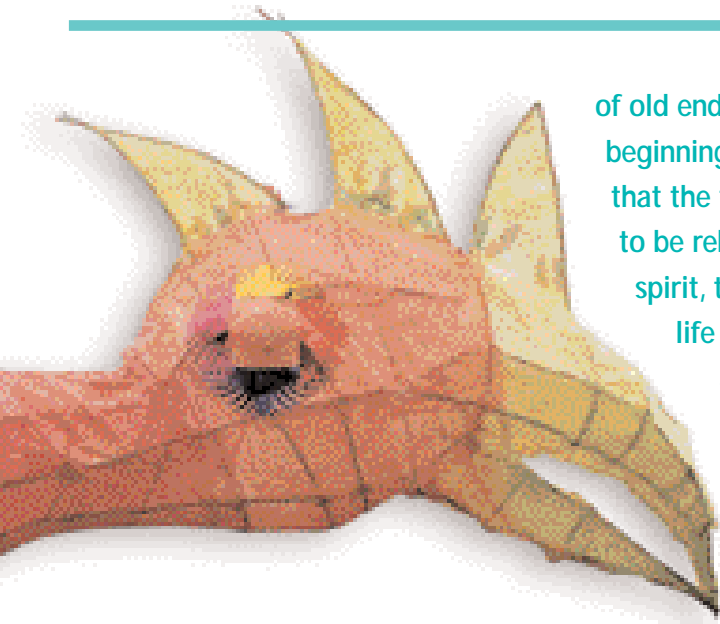
I see the Arts and Minds network will enable more work like this as there is a definite need for music to aid recovery from mental health problems.

*Marion Small*



# Background/Evidence

## Unity Day - the phoenix rises from the flames



of old endings and new beginnings...the phoenix heralds that the time has come for you to be reborn in mind, body and spirit, to slough off your old life in order to face new and important

challenges". This represents the spirit of 'recovery' from mental health crisis and the local community's

'recovery' from the riots that took place in 1995.

Unity Day on Saturday

August 13th was a

success. Many

people came

throughout the

day to help us

decorate the

phoenix.. The unity

day parade was

cancelled due to heavy

rain, but undeterred we

paraded the phoenix around Hyde

Park and she "danced" in front of

the main stage. Since then the

phoenix has taken on a life of its'

own.

On August Bank Holiday Monday she appeared in the Chapeltown Carnival Parade along with the Harrison Bundy Dance Troupe. Who knows where she will turn up next - watch this space!

*Lucy Airey (Assertive Outreach Team) and Yasmin (participant)*

In August 2005 the Arts and Minds Network became involved in an art project to create a giant puppet that would be part of the parade at Hyde Park Unity Day - a community event that was set up following the Hyde Park riots of 1995. I was involved in organising the event this year and thought it would be a great idea to organise an arts project, working with service users, that would be a part of this community event.

We decided to make a giant phoenix from willow and tissue paper and decorate the bird in "fiery" colours of red, yellow, orange, gold. We felt that the phoenix was particularly apt as it represents "the importance



# Conclusion

## Conclusion

The development of an Arts, Health and Well being Strategy for Leeds has been in recognition of the fact there is the need for a fertile and stable base to foster artistic abilities present amongst service users and staff. This activity would not have been possible without the motivation, commitment and considerable energies of individuals and groups across sectors.

As you can see from people's stories and contributions, we believe that through the strength of a robust multi partnership network across the city, we can forge a commitment to embrace participatory arts as a vehicle to people's wellbeing and inclusion. It is remarkable to see how individuals and groups inter-connect through the arts.

To this end, we are committed to auditing and evaluating the benefits the arts have to play in an individual's journey towards their own recovery. Our challenge is to secure funding to build upon capacity, become sustainable and create an infrastructure to move the Arts and Minds Network a stage further.

The establishment of an Arts co-ordinator will go a long way to secure a future for this work.

We have proven that there is a gap in service provision as well as concrete interest and support in the need to provide the arts as a real choice as part of someone's integrated care plan.



“ The power of the arts in building confidence and empowering individuals and communities in self-expression has enormous potential to deliver on this agenda and to bring innovation and creativity to the modernisation process”

*Arts Council England*  
2004



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Enhancing the Healing Environment Programme

The National Network for the Arts in Health

## Contacts

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### **Email**

artsandmindsnetwork@leedsmh.nhs.uk

### **Tel**

0113 305 6631





Artwork (front and back cover) produced by artist Sharon Scott

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