Helping people find their soul food

“Give a man a fish and he eats for a day, teach a man to fish and he can feed himself for life” Chinese Proverb

“If you help a person to find their soul food it can help them maintain their mental health and wellbeing for life.” Creative Minds
How people used to find their soul food

Our communities have a long and rich history of using arts, sport and other leisure activities to enhance their lives.

Definition of Creativity

We used a broad definition that includes arts, sports, crafts and other leisure activities.
Involving People

Workshops- What service users and staff said

“Positive sense of achievement, increased self-esteem and independence, confidence and empowerment. Development of new skills and abilities and opportunities perform or exhibit achievements to the wider public.”

“Creative approaches are an effective way of engaging with people, especially where more traditional methods of engagement fail, and routinely as an exemplar of a holistic, user-centred approach.”

Social Movement

“*We cannot predict their emergence, we cannot make them happen, or consciously construct them .. and we certainly cannot control their direction or impact.*”

*(Kling, 1995)*

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

*(Margaret Mead)*
Benefits

Reducing Stigma
Prevention & Early Intervention
More Personalised Care
Promotes Innovation
Multi-Agency Working
Strengthening Transition
Individual & Community resilience
Value For Money

Aims of the strategy

• Develop quality creative practice and approaches within the organisation.

• Increased participation in creative activities for people who use our services.

• Develop a research/evidence regarding creative approaches in relation health and wellbeing.

• Increase inter-agency partnerships to bring in more funding for creativity and wellbeing.
Creative Approaches at the Trust

- Football
- Archery
- Dance
- Sculpture
- Singing
- Gardening
- Drama
- Nordic Walking

Clever Partnering

- Enables match funding
- Social/Financial return on investment
- Promotes innovation
- Collaborative working with community organisations
- Extends current care pathways
- Coproduction, peer support and Service user led projects
- Supporting community development
- Sustainability
Creative Partners

.....Artists in Mind-Sculpture project....Hoot-Breathing space...
........Stargazing project....Hepworth Gallery- Arts Award........
...........ASM-live Arts Cafe.........The Caring Garden..... S2R........
........Yorkshire Sculpture Park....Safe Anchor Trust...Arthouse
.....Good mood Football league.....BME Arts and Crafts Project........
...Bankfield Museum Wellbeing trail...Phoenix FM......Verd de Gris
......Artworks-Gallery workshops...Guitar Orchestra ... Manasimatra
...Yew Tree Theatre Group…One to One- Film Making…Faceless....

Development Structure

Supporting
- Mission, Vision and Values
- Thought Leadership
- consolidating role as system leader in creative approaches to Health & Wellbeing

Partnerships
- Improving third sector partnerships, forging beneficial/alliances
- Winning hearts and minds
- Building reputation in communities

Supporting Service Offer
- Promoting Recovery
- Mental & physical well being
- Unleash hidden potential
- More in control,
- Improves self worth
- Enhancing skills

High level Advisory Group
Chaired by Chief Executive
Reps from- DOH, University, Business, social enterprise, statutory partners

CREATIVE MINDS
UK Foundation
Strategy group

Business case development
- Support from Huddersfield University Business School.

Need to consider:
- Market share
- Business Objectives
- Alternative capacity
- Unintended benefits
- Risk/Sustainability
- Charity status/Social Enterprise
- Social capital
- Marketing and promotion
- Co-production
- Organisational structure

Current Position
- £200K BUDGET 2011/12-1013/14
- Supported by Innovation funds bids
- Link to Charitable funds
- Match funding approach
- Development of Partnership & Governance Framework
- Development of evaluation tools
- Manchester Met University
- Fledgling Social Movement

Creative Minds Collectives
Barnsley, Calderdale, Kirklees, Wakefield.
- Manage & approve local projects
- Made up of local stakeholders
A National Charter for Arts, Health and Wellbeing

“Creative arts help make sense of our human condition, making room for the heart and soul to be heard. They encourage active engagement with the world around us, help people to keep learning, connect with each other and contribute to their communities.”

We need to ensure that humanity and compassion at the heart of healthcare.

“The ultimate aim should be to generate compassionate environments in which patient and practitioner alike are encouraged to engage for mutual benefit. Patients should not have to be treated amid management-dominated cultures that lead to compassion fatigue and moral slide.”

(Professor Paul Crawford 2013)
A message from Our Coordinator

My Creative Story

- My background as a service user and current situation
- What creativity has done for me
- Getting involved with Creative Minds
- Empowering service users
Artworks: John Ross
Art for wellbeing

Through Artworks - an independent art school in Halifax - this project provided a number of dedicated art classes for groups of service users. The scheme includes on-going support for those who wish to continue into mainstream classes, offering a staged approach to confidence-building and social inclusion.

Artworks: Art for wellbeing

Our provision offers people a sanctuary, a space to think, feel, discuss and share their experiences through their work and with others based in the studio and publicly through the gallery.
Artworks: 1830 gallery

More people will engage with and experience great art because we will exhibit the work of service users, often those who have relatively little or no formal training in the arts. This we believe will have wider social impacts, specifically in breaking down preconceptions about what can be achieved by people through the visual arts and by whom.

Studio space

Creative approaches foster new ideas which have the potential to challenge dominant paradigms and thus increase the resilience of the systems within which they are created i.e. the ways in which social healthcare can be provided. We believe studio based residencies and longer term arts tuition will offer sustained, long term support toward independent living.
Printworks

The development of an enterprise pathway within The Artworks; through the provision of a ‘digital graphic art & design reprographics’ print production.