Creative Minds
With all of us in mind

The communities we serve
Links with Jonkoping

![Diagram showing links and development milestones]

- **2003-2006**: Development of PCT's, GP Fundholding
- **2007**: Refocus
- **2008**: Refinement
- **2009**: Compliance
- **2010**: Quality
- **2011**: Growth
- **2012**: NHS reform

**Key Milestones**:
- **Foundation Trusts**
- **QIPP**
- **World Class Commissioning**
- **Transforming Community Services**
- **CCG's**
Helping people find their soul food

Philosophy

“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**

“The emergence of a novel product, growing out of the uniqueness of the individual”. (Carl Rodgers psychologist)

“The ability to use different modes of thought to generate new and dynamic ideas and solutions” (Carnevale, Gainer, Meltzer et al)

We used a broad definition that not only takes into account the contribution of the arts, but also includes participation in sports and other leisure activities.

**Involving People**

**Workshops- What service users 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.”

“Structured activity that offers purpose, meaning and routine and a diversion from problems.”
**Involving People**

**Workshops - what staff said**

“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.”

“It produces good outcomes for service users, with measurable benefits in self-esteem, self-expression, social inclusion, vocational skills and personal resilience.”

**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

- Support, develop and encourage quality creative practice and approaches within the organisation.
- Develop increased access and participation in creative approaches and activities for people who use our services.
- Develop a research/evidence base that helps demonstrate and promote the benefits of the creative approaches in relation to mental health and wellbeing.
- Develop increased mainstream and inter-agency partnerships for creativity and health projects, to bring in more funding for creativity and wellbeing through alternative sources of funding.

Creative Approaches at the Trust

- Football
- Dance
- Archery
- Sculpture
- Singing
- Gardening
- Drama
- Nordic Walking
…..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….
My Creative Story

- My background as a service user and current situation

- My participation in creative activities in hospital and how they complemented traditional medical treatment.

- My post-hospital creative activities and subsequent volunteering with the Trust.

- Getting involved with Creative Minds.

- What creativity has done for me.

‘Going by way of the body in dementia care’

Setting a new pattern of possibilities for dementia care while building bridges of understanding in and through the ‘lived’ body...

‘Hands’ by Rodin
The Territory

Living to the full
Independently and
Interdependently

De Kooning, Untitled

The Problem?

“I am living with dementia, I am not dying of dementia”
Peter Ashley
Alzheimer’s Society Ambassador

How to turn
DEMENTING
into
REMENTING
My main message

Dementia associated with inexorable movement towards…
“Being Slow” “Being Lost” “Being a Blank”

Movement + experience of body moving
‘Connect’ ‘Be Active’ ‘Take Notice’
‘Keep Learning’ ‘Give’
nef 5 Ways of Well-being

Relationship through movement is key

“This is the first time I have actually experienced being in a dance therapy group, in all the years I have worked alongside of people with mental health problems. Expecting it to be dance and music therapy, what happened was amazing. Chemistry between the patients & staff was unbelievable.
The inhibitions of the patients to express themselves in sharing life experiences led to a wonderful spiritual and emotional sense of well-being.”
(Member of a care team after attending a session 11/4/05)
Relationship means ‘building bridges’…

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*Dance Movement Psychotherapy*

- ‘Hybrid of art of dance & science of psychology adapted to human service’ (Goodill, 2005)
- Embodied/phenomenological/psychosocial
- Used as treatment in remedial rather than curative sense
- Focus on residual capacity rather than disability
DMP Skills & Techniques

1. Helping locate the triggers – ‘ways in to furthering relationship’ (Therapeutic Movement Relationship)
2. Body action
3. Using Reciprocity (Mirroring)
4. Rhythmic group activity
5. Repetition & Validation
6. Re-membering (‘Personhood’)
7. Working with Metaphor & Symbolism

Identifying ways to connect

• ‘Creatively Alert’ (Coaten)
• ‘Poetic Awareness’ (Kitwood)
• ‘High Quality Free Floating Attention’ (Kitwood)
• ‘Selfhood as...embodied dimension of human existence’ (Kontos) therefore go by way of the body where cognition is impaired
• Working with embodied/non-verbal + cognitive
• Accepting ‘Otherness’ & ‘Difference’ as unique to person rather than exception
Finally…

The fragility of life and living processes are intimately bound up with the beauty of the moving body. The dance brings us back from ‘Being Lost’, ‘Being a Blank’ and ‘Being Slow’, teaching us how to live to the full; appreciating the riches of our deep and abiding humanity, in spite of great loss and great fragility.

Rementing is the real challenge that the dementing condition presents us with…