

On the Buses



Arts & Minds have linked up with First Bus Leeds to bring creativity on to the buses.

Our first event was on "Blue Monday", seen by some as the most depressing day of the year. The idea was to get people talking and bring some cheer on a dark day. "The Captain" (pictured above) entertained passengers and people in bus queues.

We hopped on and off buses, entertained people at bus stops and wandered the streets in search of miserable commuters. The 56 from Headingley was packed with students trying to record the experience on their phones. Whilst waiting for the 49, the Captain sang 'Lean On Me', accompanied by members of the bus queue.

Just outside the LGI he serenaded an unborn child whose Mother had just been for a scan. And the Captain was unfazed by any request, even attempting an improvised Elvis/ Grime improvised mash-up. With mixed results. But everywhere we went, there were smiles. Some grumpy faces initially, but the Captain usually won them over. One commuter confided, "you don't see that sort of thing in Leeds do you? In London, maybe, but not in Leeds."

And recently Arts & Minds have received funding from Leeds Inspired for the next project with First Bus. "Bus Stories" will see photographer Mat Dale and researcher Katie Hill teaming up to put together an exhibition of people's stories. The results will appear on the buses themselves. Watch this space for more details on that project soon.

May the 4th be with you...

In January Helen Hunter-Thompson from CGL co-ordinated a smashing event at Leeds Corn Exchange, offering free workshops and therapies to people to improve their well-being. The Feel Good Fest was a storming success, well attended and with a great atmosphere. Arts & Minds were there doing creative stuff and we really enjoyed ourselves.

The Feel Good Fest will return on May 4th. More workshops, more therapists, more good vibes. Please get in touch with Helen if you'd like to bring a workshop to help people with their well-being. Or just come along and enjoy it!

Feel Good Fest
Leeds Corn Exchange
May 4th, 2 - 4.30 and 5.30 - 7.30pm
Helen.Thompson@cgl.org.uk

£1000 for NHS Creative Grant

If you work for an NHS Trust service and want to do something creative, you could apply for a £1000 grant. Look at our website for all the details!

artsandmindsnetwork.org.uk/in-nhs-services

Love Arts 2017

This year's festival of creativity and mental health is coming to Leeds from 4th - 18th October - and we need your ideas and proposals for the programme.

This year our theme is Journeys, which could include journeys of recovery, life journeys, emotional journeys, journeys of discovery or any other way you wish to interpret the theme.

We would love to hear from you if you are artist or group, with a Leeds based event that takes place within the festival dates and already has funding and a venue in place.

In the past we have included exhibitions, shows, workshops, gigs, talks, dance, performances and films.

Fill out your proposal form on our website at:

www.loveartsleeds.co.uk

Or if you have an idea that isn't pinned down yet, do let us know! You might be an artist who hasn't had a solo show before; you might be a group that would like to perform but aren't quite sure where; or you might just have an idea you'd like help with.

Contact us and we may be able to link you up with someone who could help or advise you. You can email your thoughts and ideas to:

hello@loveartsleeds.co.uk

And we are having a meeting to discuss ideas. Please come along if you'd like to talk about your idea. This meeting is for artists, performers, creative people who want to do something for the festival but need a bit of support.

**Love Arts Ideas Meeting
Monday 10th April 2 - 4pm
West Yorkshire Playhouse (TBC)**

Please let us know if you plan to come and we'll confirm the exact location.

Creative Afternoons

Arts & Minds members have been meeting over the last few months to get creative together. Sunday afternoons at the Tetley have been the place to go if you want to make something in a welcoming, friendly space. Join us!

Creative Afternoons Dates Sundays

**April 9th/ May 14th/ June 11th
1 - 4pm Learning Studio
Floor 2, The Tetley
Hunslet Rd, Leeds**

Culture Club

The Culture Club is perfect if you want to see shows, exhibitions and other cultural events with a friendly group. Get involved! Come to the Culture Club meetings:

Culture Club Meetings

**Mondays, 5pm
April 10th/ May 8th/ June 12th
West Yorkshire Playhouse Cafe**

A little more Conversation

The Love Arts Conversation is returning - but more frequently! We're planning to have 4 smaller events every year for people to get together and talk about issues, get inspiration and meet people. If you'd like to be involved (perhaps you could host a conversation?) please let us know.



Spring Event

Report by Morticia

"Armley Mills played host to the Spring Event which started with coffee and biscuits before we went to one of the gems in the museum - the little 26 seat cinema to watch a film made by Suzanne Lacey in 1984 called *Whisper The Waves, The Wind*. Once the film was finished we headed back to the training room for more coffee and biscuits, chatting and the opportunity to learn some basic macrame.

"It was really good to see familiar faces, catch up and the film was thought provoking and inspirational. It's a film which tells the story of a performance art piece which was made up of older women gathering at the seaside to talk about their life experiences. It's part of the Leeds Art Gallery Collection and was being shown as part of their outreach programme whilst the Art Gallery is closed. Can't wait for the Gallery to reopen in the Autumn - am missing my restorative fix of Victorian narrative paintings. We were asked what we thought of the film and if we had any ideas for making the gallery and its collections more accessible.

"There was also the opportunity to learn some basic macrame and make pieces that will be part of a hanging in the gallery when it reopens. I loved it - partly for its kitschy 70's connotations but also because the jersey yarn we were using to make the knots with felt so lovely in my hands. I found it really therapeutic and it reminded me how vital making and doing is for my mental wellbeing and how much I'd missed it as I've been concentrating on non making and doing recently. Looking forward to the next event - wonder who I'll see and what I'll learn there?"



Whisper

Transported to
a Californian beach
feet sinking down into sand
bodies lashed by waves
gulls calling all around

whisper the waves, whisper the waves
about community
about elders and oracles
inherent perspectives on being people
ignored
rich sharing of lives and of a sharing of
love

and issues of suffering
poor health...
chronic pain...
contemplated death...
sense of loneliness

diverse relationship
unchosen solitude
acknowledged selfishness
personal experience
difficult finance

listen and see and hear diversity every-
where
from rich to poor and black to white
differences from younger older
to older older
sense all are different

yet all the same as well
with a real uniformity
through common aged identity
look at these here with drawl inspiring
voices
be inspired and be transported to a beach
in California.

Peter McDonagh (2017)



With Art in Mind

A new, exciting event is coming to Leeds Kirkgate Market in April. "With Art in Mind" is a one-day mini-festival of creativity and mental health. And they are looking for artists to exhibit and sell work, and performers to take part.

"With Art in Mind" is being organised by students at Leeds City College. Students have found they had shared experiences of mental health issues and wanted to raise awareness and money for the cause.

ARTISTS

Are you a visual artist with personal experience of mental health issues? Join the team and show your work. The idea is to sell prints of original artwork. The event is in the Leeds Kirkgate Market and there is more chance of selling prints than original artwork. Send some images (JPEGs) and 200 words about yourself to Julie at: kodapops@hotmail.co.uk

PERFORMERS

Poets, musicians and other performers are needed to bring the event to life. There are already a few exciting performers lined up so why not join them? (NB Drumkits are not allowed according to the Kirkgate Market). Acoustic musicians and spoken-word performers especially welcome. Email Julie for more information: kodapops@hotmail.co.uk

With Art in Mind
Saturday 22nd April 2017,
10am – 4pm
Leeds Kirkgate Market,
28-34 George St, Leeds LS2 7HY

Beyond 2017

The Beyond Festival is a celebration of learning disabled artists in Leeds. After the brilliant two-week festival in 2017, the team decided to run the festival every 2 years. But in 2017 we have a day-long event in Leeds City Centre as part of Learning Disability Week. Expect art, dance, workshops, music, drama and much more!

Beyond Festival Day 2017
Saturday June 24th, from 10am
Leeds City Museum
Millennium Square

New Websites...

Arts & Minds' new website is going down well! Feedback so far has been positive: the calendar is being used more and we've made a good start on adding creative opportunities and artists' work. Please take a look at it and get in touch if you'd like to add your creative group or your artwork to the site.

Meanwhile we're advising MindWell (the brilliant new site that brings together anything to do with mental health in Leeds) about their "creativity and mental well being" page. Take a look at our blog to find out more and get involved:

www.artsandmindsnetwork.org.uk/blog

Student Film

Arts & Minds have been approached by a student film-maker and her project sounds interesting. Kara Janman is making a film about mental health and wants you to collaborate with her:

"I am looking to film anyone who would be interested and are looking at filming just the eyes and nose. I am trying to raise awareness of mental health in a creative way which protects the safety of the participants. I have done a tester film with students and tutors from my course which I edited and separated the audio from the film.

"If anyone is interested in filming I would like to speak to them via email before filming, this hopefully will build up some sort of relationship before the filming starts. I will send the clips and edited clips to the participants involved and encourage/invite them to make any changes they wish. I would like them to change the video as much as they want so they feel comfortable with the final video. Once I feel the film has been edited enough and is almost ready to be exhibited I will send the film to everyone involved and just check one last time that it is okay to be exhibited in case the participant wants to make any final changes."

Sound like something you'd like to be involved with?

Email Kara at karakittyjanman@icloud.com