

Creative Pathways

*A guide to developing creativity
in mental health services*



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Pathways

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What's this guide about?

Arts & Minds wrote this guide in response to feedback in our member's survey. Some of our LYPFT staff members wanted more guidance in how to use the arts, and we hope this guide will give you that. When we talk about the arts we don't just mean drawing and painting. Think about photography, creative writing, music, singing, drama, sculpture, film-making.... there's a host of possibilities out there! Whether you want to signpost a service user to an arts group; improve your environment with artwork; develop a creative project on your ward; offer placement

opportunities to arts students; or get some training so you can do it yourself, there's a creative pathway for you. **We'll guide you there...**



Why use the arts?

The arts are a great way to enhance our mental health and well-being. Don't just take our word for it! There's a growing evidence base that points to the huge benefits of using the arts in mental health and learning disabilities. There are examples of current research on our website <http://www.artsandmindsnetwork.org.uk/research/>

For example: The New Economics Foundation (2011) explored what it was that helped people's mental well-being. <http://www.neweconomics.org/projects/five-ways-well-being> 400 scientists around the world put their minds to this taxing question over three years, and came up with five simple answers:

CONNECT – LEARN – BE ACTIVE - TAKE NOTICE - GIVE

They recommended that doing these 5 things a day would help our mental health, much as eating 5 fruit and veg a day helps our physical health. And guess what? The arts can help with all of these!

Many arts activities help us **CONNECT** with people; we **LEARN** new creative skills; we are **ACTIVE** – particularly when we're singing, or dancing; we take **NOTICE** and look at the world in a different way when we see a play or an exhibition; and we **GIVE** when we share our experiences and ideas through the arts. This is what Arts and Minds service helps people to do, and is one of the main reasons we run the Love Arts festival every year. www.loveartsleeds.org.uk



What pathway should we take?

You could utilise all of these pathways to increase the range of recovery based interventions available to patients, or you could just try one to assess its impact. Each page expands on why you might choose a particular pathway, but here are some thoughts to consider:

- **What do the people who use your service want to do?**
- **What are their needs?**
- **What are the service's aims for a creative project?**
- **Which pathway will best help you achieve this?**
- **What will success look like?**

If your plan is clear of what you want to achieve, it will be easier to select the right pathway for your service. Each pathway is illustrated with examples of creative interventions that are available to inspire you. Creativity comes in many guises....photography, drama, music, singing, textiles, crafts, painting, creative writing, sculpture, dancing, film...what would work for your service and your patients?



But how can we fund it?

Many of the pathways in this guide are FREE or low cost. However with a little funding you can make big things happen....

- Speak to your manager about ringfencing a budget for creative activities. The Mount's modern matron did this with impressive results that improved patients' choices
- January may be a good time to ask as budgets need to be used up by April 1st and sometimes there's a surplus
- Most departments have a charitable fund – contact finance on 0113 305 5923 to find out what yours is
- Many arts organisations are charities and are able to apply for grants that LYPFT are often unable to do as a statutory sector provider. They are more likely to be successful in their funding bids if you can offer some matched funding.
- Arts & Minds could support you to write your own funding bid. Leeds Inspired, The national lottery, and The Arts Council are good sources for small grants of 1K – 15 K.



Thanks to all those who helped with this guide...

Tom Bailey for the fabulous illustrations. Jane Mullins for superb proof-reading.

All of the artists and arts organisations: Artlink; Hayley Mason; Pyramid of Arts; Julia Piggott; Tanya Cusan-Espinosa; Leeds College of Music; Christine Bates; Emma Bolland; Pippa Woodhams; Swarthmore Centre; Joan Macleod; East Street Arts; Elaine Burrow: Inc; Skippko; and Sue Barnes.

All of the mental health staff and services: Newsam Centre; Parkside Lodge; Becklin Centre; Kat Munn; Janet Smithson; Elizabeth Hill; Memory Service; Lynne Welsh; Peer Support; Deborah Marshall; Voluntary Services; Christine Heath; and the Mount dementia wards.

And to the patients and Arts and Minds members who they created with.

Together you make magic! We hope this guide helps you make more!

Linda Boyles – Arts & Minds Development Manager

If you're not an Arts and Minds member yet, joining up is one way to help you **CONNECT**. Membership is open to all adults living in Yorkshire, and it's free and easy to join on our website: www.artsandmindsnetwork.org.uk

Contact us:

Linda Boyles & Tom Bailey info@artsandmindsnetwork.org.uk

Tel: 0113 262 3128

Pathway 1:

Arts organisation partnership



Arts & Minds works in partnership with a wide range of arts organisations to help deliver quality arts projects. If you have an idea you would like to develop, talk to us and we can match you up.



Inspiration Spotlight: Hidden Places project

Newsam Centre forensic unit and **Parkside Lodge** learning disability service wanted to engage patients on their unit in more creative activities. Arts & Minds applied for funding from the Arts Council to make these projects happen, with **Artlink** WY managing the Newsam Centre project, and **Pyramid of Arts** the Parkside project. Patients and staff from these units worked together with professional artists, exploring a range of different mediums from printing to music, photography, and sculpture. Participants described benefits that included enjoyment at discovering their creativity; feeling calmer; expressing themselves; and having fun!

Staff noted the calm atmosphere that the projects created:

'Good for challenging and channelling behaviour'

'I know my shift will be easier on the workshop days'

The project also gave staff the opportunity to assess patients' behaviour and mental health state in a relaxed and less intrusive way, as they worked together on the project. They were surprised that no challenging behaviour presented itself throughout the project, though this was a regular occurrence at other times of the day.

'Keeps her concentration and helps to calm her down'

'Helps people to express themselves'

The good attendance at most sessions was also noted with surprise, since poor motivation of patients was a common feature in the centres. 'Very motivating and engaging especially for patients'

The **Newsam Centre** generated 3 large canvases that were a composite of patients' prints and artwork. These have been proudly displayed in the entrances to the male and female wards and have greatly enhanced the somewhat bleak environment. Some participants also attended additional external arts projects that Pyramid of Arts and Artlink West Yorkshire were running in the community as a result of these connections having been made.



How to make it happen!

- Talk to the people who use your service about what they'd like to do
- Ring us at Arts & Minds and talk your ideas through
- We'll match you with the right arts organisation to work with you
- Speak to staff about how they can help to make it a great project.



Why choose this pathway?

- Many arts organisations have already worked in LYPFT services and have the experience to know what will work in your setting
- They employ professional artists who have considerable experience of working in healthcare settings
- They have project managers who will work with you to develop ideas
- Many are charities and are able to apply for funds that LYPFT is often unable to do as a statutory sector provider
- Most of these arts organisations are small voluntary sector organisations that have to fundraise for the work they do. This gives them flexibility in the way that they work but also means they have limited capacity.



Think about....

- What **space** you have for creative activities? People work best in a space where there's no distractions, and where they can be messy!
- The **timing** of your sessions? Some patients can be groggy after medication, ward rounds can interrupt activities...when's best?
- **Staff** support? Artists will need to be supported by your staff in sessions so when's the best time for this to happen?
- Arts organisations are more likely to be successful in their **funding** bids if you can offer some matched funding.

Pathway 2: Freelance Artists



Arts & Minds works in partnership with a wide range of freelance artists. Some of them are listed on our website

<http://www.artsandmindsnetwork.org.uk/arts-organisations/>



Inspiration Spotlight: Salsa classes at the Becklin

At a community meeting on a **Becklin Centre** acute ward, staff and patients hatched an idea to develop more active groups on the ward. Occupational therapist Janet Smithson applied for a grant from LYPFT's 'what's your goal' campaign fund to run some salsa dance classes with **dancer Tanya Cusan-Espinosa** and was successful! They moved back the furniture in the dining room to make room for the salsa, and to their amazement found that up to half the ward joined in every week.

Janet says this was well above average attendance for a ward-based group where motivation can be very low. They also found that people were much more engaged and concentrated better than is usual for other activity groups where people normally drift in and out. Janet described how the salsa really lightened the mood in the ward, with the knock-on effect lasting for days as several patients even organised their own practice between sessions. They also observed that the sessions helped improve people's physical well-being, and were a huge motivator. There were other unexpected outcomes that also surprised Janet:

"That week we had had a new admission who was quite difficult to engage, but it turned out she had a great interest in Salsa, and this proved to be a turning point in her admission. Other ladies on the ward had not had the confidence to go to a class before, but several started classes at Inkwell where Tanya runs classes".

For more information on salsa teacher Tanya Cusan-Espinosa:

<http://www.cusantheatre.com>

<http://www.salsacusan.com>



How to make it happen!

- Talk to the people who use your service about what they'd like to do
- Ring us at Arts & Minds and talk your ideas through
- We'll match you with the right artist to work with you
- Speak to staff about how they can help to make it a great project



Why choose this pathway?

- Many freelance artists have worked in mental health or learning disability services and often know what will work in your setting
- They offer **fresh perspective and energy!** This can generate new ideas, energy and enthusiasm in staff and patients too
- They can **tailor projects** to suit the needs of your service
- **Patients** frequently describe feeling at ease with them because they're not there in a staff role to assess etc.



Think about....

- What **space** you have for creative activities? People work best in a space where there's no distractions, and where they can be messy!
- The **timing** of your sessions? Some patients can be groggy after medication, ward rounds can interrupt activities...when's best?
- **Staff** support? Artists need to be supported by your staff in sessions so when's the best time for this to happen?
- Artists may need an enhanced **DBS** check. Check with HR and allow time for this to be processed.

Pathway 3: Student Placements



Arts & Minds works in partnership with a wide range of education providers such as Leeds College of Music (LCM) and Leeds College of Art (LCA). These centres need community placements for their students to give them experience of facilitating groups or performing.



Inspiration Spotlight: Leeds College of Music

The Mount wards for people with dementia were looking for music facilitators, while Leeds College of Music were looking for community placements for their students. Arts & Minds helped link the two up, and a very productive partnership was hatched!

In **September** the students select community placements from their college prospectus, and many students have chosen the Mount for several years. Between September and December they plan a twelve hour project with the selected service, guided and supported by their tutors, and between January and May they deliver the programme. Students worked on the wards for twelve weeks running some fantastic music workshops with staff and patients. Some of the students have enjoyed the experience so much, that when their placements finished they continued working there as volunteers.

Here's OT **Elizabeth Hill's** thoughts on the partnership:

"Having the students from Leeds College of Music on the ward has been a great experience. The groups proved to be popular with service users, and the feedback received was very positive. Service users reported that they had found the groups very enjoyable, as it was an opportunity to get together with others and have a sing and dance. The music often brought back memories for people, which in turn promoted group discussions. Many of the service users had attended dance halls when they were younger, and this is where some had met their husbands. As well as

promoting socialisation, the music groups encouraged gentle exercise through dancing. This not only provided an opportunity for experiencing the pleasure of movement and physical contact with others, but also provided an outlet for restless energy. Overall, the health and wellbeing benefits observed from running the music group confirmed my belief in music as a therapeutic tool for people with dementia. The experience of working with such talented musicians was a pleasure, and the music project is something that I would be keen to repeat in the future"



How to make it happen!

- Talk to the people who use your service about what they'd like to do
- Ring us at Arts & Minds and talk your ideas through
- We'll match you with the right education provider to work with you
- Speak to staff about how they can help to make it a great project



Why choose this pathway?

- Some education providers have already worked in LYPFT services and have the **experience** to know what will work in your setting
- The students are supported and trained by experienced tutors who have considerable experience of working in community settings
- The students are **committed and enthusiastic** since they select their placements and it's in their interests to work well
- They gain experience, and you gain budding facilitators at no cost



Think about....

- **Timing!** You'll need to work with student's placement timetable (Jan – May for LCM, Feb - May for LCA)
- What **space** you have for creative activities? People work best in a space where there's no distractions, or where they can be messy!
- The **timing** of your sessions? Some patients can be groggy after medication, ward rounds can interrupt activities...when's best?
- **Staff** support? Students will need to be supported by your staff in sessions so when's the best time for this to happen?
- They will need an enhanced DBS that LYPFT's HR dept. organises

Pathway 4:

Volunteers



LYPFT's Voluntary Services match hundreds of volunteers with services every year. Some are students looking for experience, some are ex-service users wanting to give something back, and some are artists wanting to expand their groupwork skills.



Inspiration Spotlight: Volunteer Emma Bolland

Emma is a professional visual artist with 20 years experience of teaching art in higher education, and exhibiting. While she was on a teacher training course she suffered a mental breakdown and started using LYPFT services. As she was recovering, and struggling to get back to work, one of the ICS staff suggested she try volunteering to keep her skills fresh.

Emma met with voluntary services to discuss her interests and needs, and was matched with the **Becklin therapy centre**. She ran two weekly arts sessions there, and later replaced one of these to offer a session on the forensic unit. Emma says:

"I'm getting so much back from volunteering in so many ways. I was looking at the gaps in my work experience, and wanted to work with specific community groups. This has helped me to keep up my CPD for the teaching body, and the patients seem to enjoy coming. I've also just been awarded a grant to enable me to run a project mentoring artists with experience of mental distress, and it really helped having this work on my CV."

The manager of the therapy centre said:

"Emma has been fantastic because she was already experienced and confident. We got her to sit with the group first, and instantly I could see she really knew what she was doing. Getting the right volunteer is so important as not all volunteers can do everything. The patients really enjoy coming to Emma's sessions and appreciate the time she gives them. They often arrive quite agitated off the ward, and leave looking relaxed."

“Emma has real empathy with the patients, partly because she’s been one herself. She’s a great role model in this respect, as her work shows that’s there’s hope of recovery. I’d thoroughly recommend having volunteers.”



How to make it happen!

- Talk to the people who use your service about what they’d like to do
- Ring Voluntary Services and talk your ideas through 0113 855 7092 /0113 855 7094
- They’ll look for the right volunteer to work with you
- Speak to staff about how they can help support the volunteer



Why choose this pathway?

- Many volunteers have a lot of **skills** and professional experience
- Volunteers have chosen to work in this area for free and therefore they’re often very **committed and enthusiastic**
- They offer a fresh **perspective and energy**
- The experience you’re giving some volunteers could help with their **recovery** or even help them back to work



Think about....

- **Be clear** about what you want from a volunteer and their role
- **Listen** to what individual volunteers can offer and use their skills
- Volunteers will need **support** from your staff. A named person to mentor them is recommended
- Volunteers need to feel **appreciated** and their work acknowledged
- Volunteers shouldn’t take the place of paid staff- they’re a **bonus!**
- Volunteers shouldn’t be out of pocket for the work they do – travel **expenses** are paid by Voluntary Services
- They will need an enhanced **DBS** that Voluntary services organises

Pathway 5:

D.I.Y



You could run creative groups in your service, even with limited resources. Some training can help you along the way. Here are some ideas for inspiration.



Inspiration Spotlight: Memory Service & Peer support with Skippko: Life stories

Skippko arts organisation worked with LYPFT's memory service, Peer Support, and people living with dementia. The services wanted to develop a creative life story project where patients could document their lives through a range of creative methods. The aim was for patients to create a life story book that could travel with them between services and care homes etc to enable carers to see a full picture of their lives.

Skippko included elements of **staff training** to enable staff to continue with the work when the project finished. Five years on, staff are still using the methods learnt on this project in a Life Story Group. This meets weekly to support people living with dementia to share their life memories. They use a variety of ways to work with people to document their own Life Story. The project was joint funded by LYPFT and Peer Support.

Arts & Minds also run **bespoke training** for workers who want inspiration for ways to develop creativity in their service. It's a great way to share ideas, discuss potential problems, and develop ideas. The sessions can be delivered for teams or professional groups, and can be a useful addition to your CPD portfolios. Contact us if you're interested.

There are many books and **toolkits** out there to inspire you, eg. this one for those working with people living with dementia:
<http://collective-encounters.org.uk/wp-content/uploads/2014/02/Arts-and-Dementia-Toolkit.pdf>

Or why not develop your own box of ideas to draw on?



How to make it happen!

- Talk to the people who use your service about what they'd like to do
- Ring us at Arts & Minds and talk your ideas through
- Speak to staff about how they can help to make it a great project



Why choose this pathway?

- As workers in services, you are best placed to know what's needed, **what would work**, and what patients want
- You have **more control** over the process and can be flexible according to changing daily situations and needs
- You have a **relationship** with patients and they are more likely to trust you and take part in activities you suggest
- This pathway is **sustainable**



Think about....

- Why not do an **audit of the creative** skills your staff already have? You may be surprised at what you find!
- What **space** you have for creative activities? People work best in a space where there's no distractions, and where they can be messy!
- The **timing** of your sessions? Some patients can be groggy after medication, ward rounds can interrupt activities...when's best?
- **Staff** support? You may need some intermittent training sessions from artists to help keep you inspired!

Pathway 6:

Art Therapy



Art therapy is a form of psychotherapy, working with a client, either individually or in small groups. It uses art making to help people who are suffering acute emotional distress, or need support to understand thoughts, feelings or behaviour. You don't need to be good at art, or to be able to draw, and art skills are not taught. Art therapists work in a range of settings within child and adult mental health, or in broader arts and health projects. Art Therapists are Allied Health Professionals registered with the HCPC and the British Association of Art Therapists. www.baat.org



Inspiration Spotlight: Art therapy group with Older People

Older people with acute mental health problems or dementia attended a weekly art psychotherapy group. Therapist **Pippa Woodhams** worked with both the Psychology team, and Occupational Therapists to assess and set up a closed group, running over fourteen weeks.

Once simple techniques were demonstrated, after a few weeks, members began to have confidence to choose their own ways of working. Patterns and experiments sparked reminiscences of both joy and heartbreak. This led to images of hopelessness and questioning of a fearful future, as the confidential closed group setting enabled a slow building of trust. Members experienced new ways of supporting one another's emotional needs, in the face of challenges such as cancer, dementia and bereavement.

"It doesn't matter what other people say. This is just for us."

"This gives me a place where I can make some decisions for myself. It's my own space."

The experience gave its members a time for building relationships, growth in self-confidence and in self-understanding.

*"If I won the Euro millions, I'd invest in this place, let us keep attending this."
"You've opened up a big hole for me to fill with things to do now."
"You've listened to me. It's made my life bearable."*



How to make it happen!

- Discuss with the people who use your service the kind of support they would like to access.
- Find out more about art therapy at www.baat.org where registered practitioners are listed.
- Contact a local registered art therapist, for example:
Pippa Woodhams: pippa.woodhams@gmail.com www.pippawoodhams.co.uk
Alison Herbert: a11ieh@btinternet.com
Alexa Molyneux: alexa@nextchapterarts.co.uk www.nextchapterarts.co.uk



Why choose this pathway?

- Art therapy can help those in **acute distress**, and in need of specialist help and support with mental health, trauma or complex bereavement.
- Art therapy can be a positive pathway for traumatised patients needing **stabilisation** prior to embarking on other psychological treatments.
- Art therapy can be an **alternative** to traditional talking therapies for people who find it hard to verbalise their thoughts and feelings. In contrast it can also be useful for those who use verbosity as a defence.
- Art therapists can provide **psycho-educational** groups helping people understand their mental health difficulties, and help articulate needs and find pathways to health for themselves.



Think about....

- The **space** you have: providing a confidential, safe, uninterrupted room for therapeutic sessions, where it is acceptable to make a mess.
- The **time** for appointments: the more consistent is attendance, the more will be gained through therapy.
- In some circumstances **home visits** may be negotiable.
- A therapist will discuss with you the suitability and **assessment** of individual clients for art therapy.

Pathway 7: Educational Opportunities



Swarthmore Centre, East Street Arts, Leeds College of Art, and Leeds City College offer a wide range of arts courses. Some educational providers also offer outreach courses, designed for people who face obstacles in going to their centres. These may be delivered at a community centre, or within your service.



Inspiration Spotlight: Swarthmore art course

Peer support and LYPFT's memory service worked with the Swarthmore Adult Education Centre to create an arts course specifically for people in the early stages of dementia. The course provides opportunities for people to engage with art activities in a facilitated and safe environment at the Swarthmore Centre in central Leeds. An art tutor leads the session with assistance from Peer Support staff and Occupational Therapists from Leeds Memory Service.

The aims of the group are to enable participation, develop skills, improve confidence, be therapeutic and offer a forum where people can meet and provide mutual support. The group supports the continuance of engagement with interests that are often restricted or lost during the experience of dementia. A person experiencing dementia can attend alone or with someone who is supporting them.

The benefits to participants have included: improved confidence, good state of wellbeing, positive self-esteem, independence and a reduction in social isolation. Many service users have commented that they really enjoy attending!

For up to date information on current courses **check out their websites:**

<http://www.swarthmore.org.uk/>

www.leeds-art.ac.uk

www.eaststreetarts.org.uk

www.leedcitycollege.ac.uk



How to make it happen!

- Talk to the people who use your service about what they'd like to do
- Ring us at Arts & Minds and talk your ideas through
- Visit centres, and meet their workers so you know what's available
- Speak to staff about how they can help to make it a great project



Why choose this pathway?

- Educational providers offer a **continuous pathway** that people can follow and progress along with a wide range of options and levels
- Many courses are **low cost or even FREE** if people are on benefits
- It offers the opportunity for people to mix in a non mental-health setting and create new networks that can help with recovery
- Some providers run courses at **community centres**, eg. East Street Arts course at Inkwell for people with mental health issues
- Some providers offer courses for **specific groups**, eg. Swarthmore offers supported groups for people with learning difficulties



Think about....

- Many centres have **open days** (usually in September or January) when people can sometimes do taster sessions
- After a **'taste'** of what's on offer, and getting to know a tutor, people often feel more comfortable enrolling on courses
- Running taster sessions or **short courses in your services** may be the stepping-stone to help people progress on to other courses
- Providers often have restrictions on the minimum number of people enrolled in order to run on a course. They may also have a **minimum attendance** required by students

Pathway 8: Arts Groups In The Community



There are a huge range of creative groups and events across the city, and many are free. Some of the current ones are listed on our website. If you know of others please let us know!

http://www.artsandmindsnetwork.org.uk/_resources/



Inspiration Spotlight: Inc. workshops

Arts & Minds does not run many groups since we mainly focus on signposting people to the opportunities already out there. However, we offer quarterly creative events at different venues to give people to have a 'taste' of what that venue can offer. We also run a monthly 'culture club' where members can take part in Leeds vibrant cultural life by going to shows and exhibitions together. We keep our members informed of these events, and other creative opportunities, through our weekly e-bulletins and quarterly newsletters.

It has given me the chance to try activities which would have been difficult to access otherwise and helped me feel a bit more confident and able to take part.

The Culture Club have enjoyed free and discounted tickets to shows and events at Leeds Art Walk; West Yorkshire Playhouse; Opera North; and the Carriageworks. We have run events at a wide range of venues such as Swarthmore Centre; Inc.; Munroe House; Trinity Arts; and Inkwell. Many of our members have joined groups they've tried at these events, as members tell us it's much easier once they made that first brave step to go through a new door. One such example is the friendly Inc <https://www.facebook.com/incworkshop>

I am enjoying my time at Inc. and I have recently enrolled on picture framing at Inc. I am getting involved in so many interesting new ventures all because of Arts and Minds.

Inc. is a fully equipped jewellery, photography, woodwork, picture framing and screenprinting workshop. They run workshops and mini courses, but the space can also be used on a 'pay-as-you-go' basis. Many of the courses are free or low cost to people on benefits.



How to make it happen!

- Check our website for ideas of creative groups you could join
- Become a member of Arts & Minds Network so you keep informed of creative opportunities coming up
- Come along to one of our quarterly events to try new things out
- Come along to our monthly culture club trips and make new friends



Why choose this pathway?

- Many creative groups are **free or low cost** to people on benefits
- They offer the opportunity for people to mix in a non mental health setting and create **new networks** that can help with their recovery
- People can learn **new skills** and gain confidence in an informal setting that's less pressured than some educational settings
- Groups are often at community centres that are **accessible** and close to where people live
- Many groups are **ongoing** and you can attend as long as you wish
- The culture club is a **sociable** way for people to try out cultural venues at discounted or free rates



Think about....

- You are an invaluable **conduit** for passing on information to patients who may not have internet access
- Consider doing an **interest checklist** with people to help them to think of activities they might have tried in the past, or new ones
- Consider peoples' **preferences** for daytime or evenings, and locations they can access by public transport
- They may need more **initial support** to enable them to attend, such as going along with a friend, or a support worker