

## Spring Events

The snow has (finally) melted and the clocks have gone forward. Could Spring possibly be here? If so, it's a good time to get out there and come to an event. There are several things Arts & Minds are involved with happening soon and we wanted to let you know the details! And don't worry if you miss them, you can come along to our new **CONNECT & CREATE** afternoons at the Tetley. See page 3 for all the details on this new, regular chance to meet us at Arts & Minds. All the events below are totally **FREE!**



**World Book Night  
Inkwell Arts  
LS7 3LW  
Monday 23rd April  
6pm - 8pm**

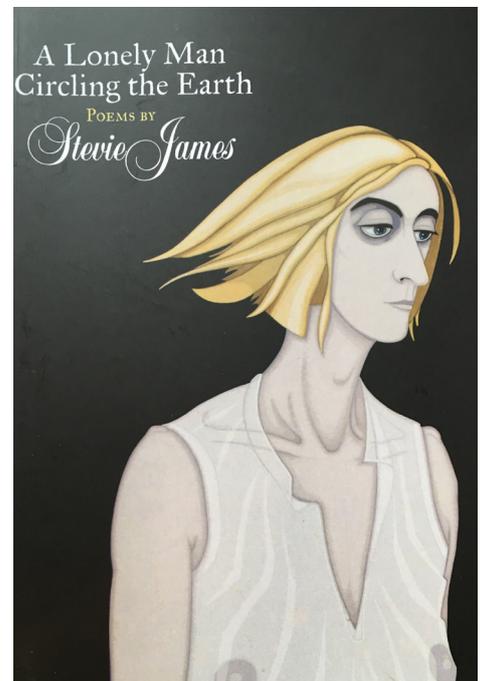
Come and celebrate World Book Night with Inkwell Arts, Arts & Minds and Leeds Big Bookend. Highlighting the link between literature and mental well being. Pick up a free book, eat some lovely vegetarian food and hear the best local poets.



**Arts & Minds Spring Playtime  
Playlab, 23 New York Street,  
Leeds LS2 7DZ  
Monday 30th April  
1.30 - 5pm**

Your chance to get creative, meet other Arts & Minds members and drink good coffee.

We're teaming up with the Playlab for some creative play. Slime, pom-poms, games, arty fun and more in the new pop-up Playlab next to Leeds Kirkgate Market. Also featuring Open Mic poetry and performance. All welcome!



**If I Can't Be Someone Else  
I Might As Well Be Me  
The Tetley, LS10 1JQ  
Saturday 12th May  
2.30 - 4pm**

A special event featuring work by local LGBTQ\* poets including Stevie James who will present work from her new collection, 'A Lonely Man Circling The Earth'. The event will include a discussion around the themes raised.

Part of Words In the City  
www.witc.org.uk (see p.5)

# Arts & Minds at the House of Lords

The All-Party Parliamentary Group on Arts, Health and Well-being (APPGAHW) was formed in 2014 and aims to improve awareness of the benefits that the arts can bring to health and well-being. After two years of research, evidence gathering and discussions, the Inquiry Report was published. It was launched in 2017 with natty illustrations by David Shrigley.

Arts & Minds were honoured to be invited to the House of Lords to speak to the co-chair of the APPGAHW, Rt Hon Lord Howarth of Newport. The idea was to see what we thought about the report and gather our ideas for the future. Arts & Minds member Hayley Mills-Styles sent the following:

“On the 26th March I travelled to London with Linda Boyles for a meeting at the House of Lords where we talked about the all party Creative Health report. I was looking forward to hearing what the other speakers had to say about the benefits of creativity to people like myself who experience mental health issues.

I was inspired by the stories from other service users from across the UK, we all feel passionate about how the arts has helped us to find a voice and create our own work from poetry and music to painting and textiles.

There were so many positive ideas about how we can get the message out to the public and raise awareness. It made me proud to be part of Arts and Minds and the Love Arts Festival, seeing how we bring a wonderful array of art and creativity to Leeds. Linda and I shared our thoughts on the report and I was able to talk about how we need to get our message out to everyone.”

**HM-S at the HoL**



**Cartoon by David Shrigley**

Some of the report’s findings are below - but do take a look online, there’s loads more detail and information about how the arts benefits mental well-being. Great if you are trying to raise money for your project and have to write a funding bid!

**Cultural engagement reduces work-related stress and leads to longer, happier lives.**

**Arts therapies have been found to alleviate anxiety, depression and stress while increasing resilience & wellbeing.**

**Arts engagement helps health and care staff to improve their own health & wellbeing & that of their patients.**

**Participatory arts activities help to alleviate anxiety, depression and stress both within & outside of work.**



**Shoe Selfie**

You can find the whole report online at [www.artshealthandwellbeing.org.uk/appg-inquiry](http://www.artshealthandwellbeing.org.uk/appg-inquiry)

# Connect & Create at The Tetley

In January the Arts & Minds team got our heads together for an Away Day. One of the things we discussed is that we'd like to offer more continuity for our members. We see people sporadically at events and workshops, but often we don't see people for ages and we don't know what's happened to them. Also we thought new members might not know how to get involved and feel anxious about it. So we came up with an idea! Arts & Minds will meet monthly at the same place, at the same time.

We got a few people together at our most recent Buzz Group and from that made the following decisions. The monthly meet-ups will be called CONNECT & CREATE. They'll be monthly, on the first Monday afternoon of each month at the Tetley. The aims are to:

## CONNECT

Get together with other Arts & Minds members, find out what they're doing and feel part of something. New members can find out about what we do and what is going on in Leeds. A chance to be social with other creative people. Free tea and coffee!

## CREATE

A chance to discuss THAT idea you had – maybe for an exhibition, a performance, to get more involved with what we do. Get new ideas happening and provide a space for people to have ongoing conversations about projects. Also, if people want they can sit and make stuff with others – we'll always have a box of art materials on hand.

This is a new idea and will change and adapt according to what members want. The best thing to do is to come along and be part of shaping its future!



Connect & Create will start in June and continue every month on the first Monday afternoon of the month.

## CONNECT & CREATE

**Monday 4th June, 2pm**

**Monday 2nd July 2pm**

**Monday 6th August, 2pm**

**Meet at the Learning Studio, Floor 2,  
The Tetley, Hunslet Road, LS10 1JQ**

All welcome! If you are not an Arts & Minds member, you can still come along and meet us. Hopefully you'll want to sign up as a member!

# Converge Summer 2018

Converge offers non-accredited short courses, based at universities in Leeds, for anyone aged 18 or over experiencing mental health difficulties. Courses are provided free of charge.

The Jan - March courses were hugely successful and really well attended. Now's your chance to get in on the action! Converge Singers and Converge Songwriters will be starting another round of courses very soon.

## Converge Singers

Wednesday evenings

6.30 – 8.30pm

Dates: 25 April, 2, 9, 16, 23 May, 6, 13, 20 June

## Converge Songwriters

Thursday evenings

5 – 6.45pm

Dates: 26 April, 3, 10, 17, 24 May, 7, 14, 21 June.

To enrol or for more info:

**[converge@leedsmind.org.uk](mailto:converge@leedsmind.org.uk)**



# Love Arts 2018: CONNECT

Recently Arts & Minds hosted the LOVE ARTS THINK-IN - a chance for people to have their say about what the Love Arts Festival should do in 2018. There were an amazing amount of people there and lots of ideas were flying around. It was wonderful!

One of the discussions was around our theme. The Love Arts Festival takes a theme every year and tries to present work that links to it. Previous themes have been: Sharing Stories; Identity; Journeys. The Think-In coalesced around something to do with BELONGING. However this word seemed a bit "bleugh" so we kept thinking...

The (all new, re-invigorated) Love Arts Steering Group then met and came up with the theme of CONNECT. After all, it's one of the things we can do to improve our mental well-being - make connections with others. And making connections helps us get a sense of belonging. So there we are, the theme for Love Arts 2018: CONNECT.

## Design Competition

*Love Arts is looking for an artist to design the Love Arts Festival 2018 programme cover. You could win £100!*

### Background

The Love Arts Festival is held every year in October in Leeds. It is a celebration of creativity and mental well-being. The theme for 2018 is CONNECT.

### The Programme Cover

2000+ hard copies of the A5 programme are printed and the programme is also online and the cover image will be used on the homepage. The cover image is used for posters and flyers to advertise the festival. The winning design will be used on the programme and beyond, and will be awarded £100. Artists can choose whether they want £100 cash or in Fred Aldous vouchers.

The image you produce should be based around a circle. Love Arts will take the image and add it to a cover design. You can work in any medium.

The image should reflect the theme of CONNECT. The image should be a positive, artistic take on the benefits of connecting with others.

We are looking for design ideas at the moment. Please submit a sketch of your idea. If you have an existing piece of work that you think would work, please send us that.

### Send us:

#### YOUR DESIGN SKETCH

Please send a JPEG or PDF. Do not send us finished artwork, we're looking for ideas. Include text if you feel it necessary to explain the idea.

#### EXAMPLES OF YOUR PREVIOUS WORK

1 or 2 JPEGs or PDFs of artwork you feel reflects your style.

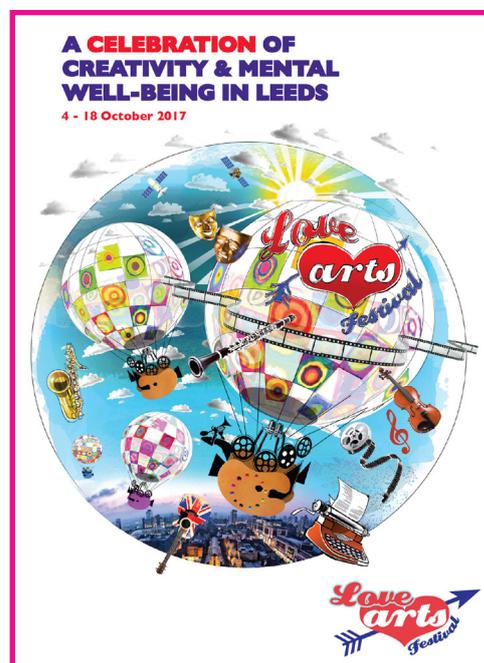
#### INFORMATION ABOUT YOU

Up to 200 words to tell us about you as an artist. Please bear in mind you don't have to have experienced serious mental health issues to apply. However, Leeds-based artists will be favoured over non-Leeds artists. You can also provide links to your work online.

**Deadline: FRIDAY APRIL 13th, 5pm**

**Email to: [hello@lovearts.co.uk](mailto:hello@lovearts.co.uk)**

The finished artwork should be ready by the end of May 2018. If you need more information or clarification on the process, please contact us.



**The Love Arts 2017 cover with artwork by Peter Hudspith.**

**You don't have to incorporate the logo and the text. We'll do that - just send us what will go in the circle!**

# Beyond Festival 2018

The Beyond Festival is returning to Leeds in July 2018.

The aim of the 2-week long event is to highlight the work of art and performance by and for people with learning disabilities. 2018 sees a particular focus on the work of individual artists with learning disabilities.

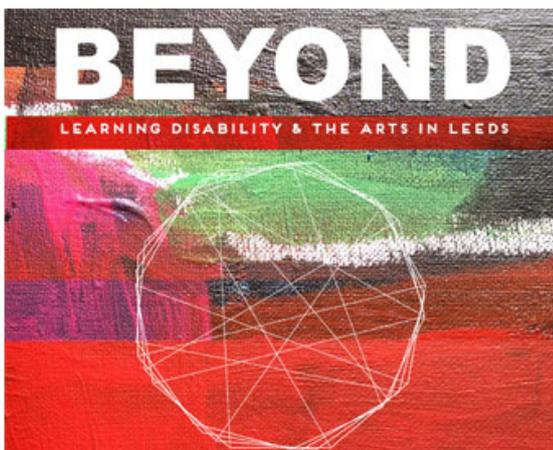
Arts Council England fund the festival. The money pays for 12 grants which were awarded to groups and individuals to create work for the festival. Two examples of the projects funded area choreographer with LD being supported by Northern Ballet to produce her own dance piece; and a film group being able to make their next short film.

BEYOND will also feature the work of Anne Marie Atkinson and Andrew Towse. This photography team were awarded a large grant by Leeds 2023 to produce a city-wide installation of 3D **Sausage Sandwich** boxes.



Look out for the programme, which will be released in June 2018.

**Beyond Festival**  
**5 - 21 July 2018**  
[www.beyondarts.co.uk](http://www.beyondarts.co.uk)



# Call Out for poets who identify as LGBTQ+

*Are you a Leeds-based poet who identifies as LGBTQ+? We want to hear from you.*

Arts & Minds, Survivors Poetry and Words in the City are working together to put on a LGBTQ+ poetry event and we are looking for poets to join us.

"If I Can't Be Someone Else I Might As Well Be Myself" is a poetry event headlined by Stevie James. Stevie is a trans poet who will present work from her new collection, "A Lonely Man Circling the Earth".

We are looking for 3 poets to perform a 5-minute set each. Ideally your poems should address the issues of gender and mental well-being.

Please let us know if you would like to perform. Send us some information about yourself and an example of your work.

**Email Terry Simpson at**  
**tezbeulah@phonecoop.coop**

**Deadline Monday 23rd April**

*Words in the City is a new festival in Leeds, produced by the Ilkley Literature Festival.*

See [www.witc.org.uk](http://www.witc.org.uk) for the full programme



**Stevie James**

# Culture Club Update

*The Culture Club meet regularly to attend creative events: plays, operas, performances, exhibitions and more. Our volunteer Gillian sent us the following update:*

Culture Club has been busy so far this year. We started off January with a bit of rock and roll and a bit of "It's behind you!" - seeing Aladdin at City Varieties. The group was in the swing of things, with plenty of shouting, booing and cheering. Oh yes they were!

We crowded quite a lot into February, starting with Leeds Art Gallery for a whole day of culture. Art Chat, followed by a printing workshop. Then a trip to the Night Market and food festival at Leeds Kirkgate market. We were quite excited at the thought of visiting the market in the evening and enjoyed exploring the different foods that were on offer. From Vietnamese street food to Yorkshire pudding wraps, curry to cakes, we all found something we loved. There was plenty of chat and laughter as well as eating. The Night Market is a monthly event in Leeds that we hope to revisit later in the year.

Remember the Beast from the East? Well, when others were tucked up at home staying warm, the Culture Club was determined to see the opera. Group members had chosen which of the three performances on offer they fancied, but some of us booked for everything. And despite the snow, wind and ice, we got there! Don Giovanni, the Masked Ball and Madam Butterfly lived up to Opera North's theme of 'fatal passion'. We laughed, wept, booed, cheered, and then wept again. One group member said Madame Butterfly "was a very powerful production" and they had tears rolling down their face.

We're so grateful that Opera North runs this scheme, as it means Culture Club members can go to performances that they might not have tried otherwise. Quite a few members are now opera lovers.

A couple of us visited Kirkgate market again for a pop-up short performance of Don Giovanni. If you think opera and the market are an odd mix, then you might be surprised to

know that it worked - making the performance seem more "raw and the market stalls added to the effect of dodginess".

March has so far seen group members visit West Yorkshire Playhouse for Still Alice (a moving play about a woman confronting early-onset Alzheimer's) and This House (featuring turbulence and fist-fights in politics). We've also been to the Hepworth Wakefield to see the UK premiere of artist Anthony McCall's Solid Light Works. We're hoping this will inspire us to create work for the Love Arts Festival in the autumn.

We've got more to come in the April, May and June, with Sunshine on Leith, Game of Love and Chai and The Girl on a Train at the Playhouse. Yes, that's Scottish pop, some Bollywood-style comedy and a gripping mystery - we like a bit of variety.

Culture Club meet up on the second Monday of each month to choose what we want to see and do in the upcoming months. Community scheme tickets can cost £5-10 each, so it's best to bring some money with you if you want to book to see a performance. We also give members details of free or cheap events that they can go to themselves.

If you're interested in art, theatre, opera, music and more, then come and join us at our next meeting. The club is open to everyone. The group is run by volunteers, so we're unable to support people who need to be accompanied by a carer.



**Culture Club artwork on display**

The next Culture Club meetings are:

**Monday 9 April - 5 pm**

West Yorkshire Playhouse cafe

**Monday 14 May - 5 pm**

West Yorkshire Playhouse cafe

**Monday 11 June - 5 pm**

John Lewis' community room on Floor 4

## Song Story 2 review

*In March members of Arts & Minds were welcomed into the Leeds College of Music to meet students and make music together. We asked a couple of participants to reflect on their experience:*

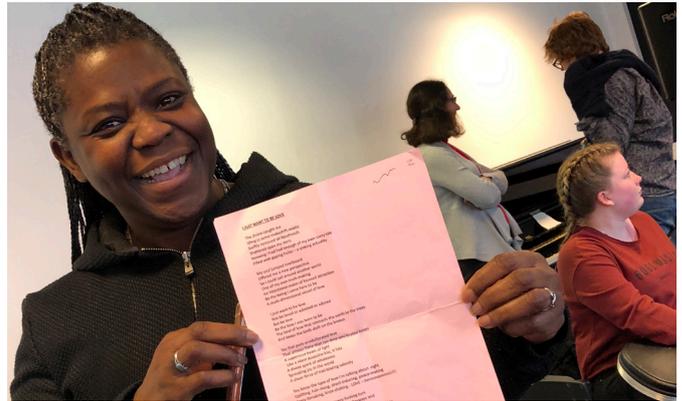
Participating in the 'Song Story 2' session was immensely rewarding and one I will never forget. I can still hear the words of the lead tutor ringing in my ears as she encourages the students to 'just do it'. 'You don't think music you feel it', she says; and she is exactly right. Witnessing the making of my words into song was a magical process, so simple yet so profound. It has given me a new appreciation for the creative process and healing power of the arts.

I initially went along because I was intrigued as to what could be created in an hour and a half. Sometimes I agonise over my own creative process and I thought this would be a good learning experience to see others at work. As I watched the singers and the musicians create the melody, chords and overlaying the lyrics, I was taken back to a time when I young and would just allow my self-expression to flow. Like the first time I realised I could be creative with food and make something out of nothing. That simple act of putting ingredients together and creating a whole new tasty morsel; flour never knew it could be so sweet until it met sugar and eggs, right! Individually they are good but together they are better. So like the taste of my first ever cake, savouring the joy of my word being immortalised to music was one oh so sweet.

I never really understood the healing power of music until now and the positive effect it can have on your well being. Songs tap into our innate sense of rhythm and help us imbue a message deeper into the psyche. Taking part in the process has made me more confident in stepping into my own creative flow and sharing it with others. It's really hard to describe, the calmness that came over me, yet in the moments of witnessing a creation being born, the present moment become so alive, and just that one opportunity has helped me get more present in my body and drop the need to know what's coming. Magic can happen when we learn to let go and surrender to the spontaneity of our creative process.

Something I hope to experience again. I think I have found my mojo! I know I have found my thing.

### **Coco Oya CiennaRey (below)**



I attended Song Story 2 and I am so glad & thankful I got the opportunity. I was quite excited but nervous & anxious at the same time. When I first arrived & I think the students felt this way too! It's a great way to break the ice/ those little barriers too & bring the community together. Who knew what we could achieve...?

We were asked what we knew Arts & Minds was all about. This certainly got us all talking. I had only heard of them through the Inkwell services & how similar they seem to be. Especially trying to create Mental Health awareness through the love of arts.

We got into smaller groups to discuss our poetry we had brought, art work too along with the students. I can get quite nervous being put on the spot so to speak. However the member of staff in charge & students made me feel very relaxed & open. So I was able to discuss my poetry & show the art work I had brought along to go with it. The students I had were all over it like a rash - keen & that was brilliant. They found lines in my poetry that they loved & wanted to use straight away. The other table had different lyrics to add too. So it became a real collaboration. Before we knew it they were producing music for the lines we had put together. Amazing how they could just jump on it that quick. I loved what they had done with it, that I couldn't help relax & hum along/sing softly the chorus they had suddenly composed.

It has inspired me to push it further & do more writings that go with individual pieces of art work that I have done & will do.

**Rebecca Carroll**

# Arts Grants 2017

## What happened?

In 2017 Arts & Minds gave 6 grants to NHS services in Leeds and York. The grants were to fund creative activities within mental health services. Here's an update on two of the projects that took place.

### Photography with Assertive Outreach

Over the summer of 2017 people attending Assertive Outreach services went on several trips to different locations. Whilst on the trips they took photographs.

"The aims were to offer people a chance to learn a new skill, visit different places and have a chance to socialise," says Sophie Truelove, who helped manage the project. "The group visited urban and rural settings and captured their experiences through photography. Some of the participants were very isolated so it was very beneficial to meet and build confidence - not just around photography."

The photographs featured are just some that the group took on their excursions. Some of the images were used in a special exhibition for the Love Arts Festival 2017, and displayed in The Light shopping centre.



***"It was very good for mind and soul."***

***"We had good people, good connections and good vibes."***

***"Therapeutic"***

***"I was proud to see one of my pictures on display in The Light in the city centre"***

***"It has helped me understand a bit more about photography and filming"***

***"Good to do other things apart from drugs!"***





**Poetry with The Mount**

The Mount is an inpatient unit that caters for older people with mental health issues in Leeds.

“The creative writing project held at The Mount was very successful,” said Saffron Black, project co-ordinator. “We engaged service users over five weeks and provided an opportunity to express themselves through words. Simon the facilitator provided a safe and welcoming space and utilised different environments for each session. Service users particularly enjoyed the garden space in the summer.”

“The sessions were a gentle introduction to creative writing, flowing naturally from the service users engagement. This made the sessions organic and supportive. A booklet is being finalised to ensure that the service users work can be presented and provided to service users in the future to help inspire hope and recovery.”

***“I really enjoyed being able to be creative”***

***“I will carry on writing poetry when I leave hospital”***

The poems on this page and the next were written by participants of the project.



**HOPE  
anticipation  
excitement  
Beams  
Fresh water  
Peace**

**Hurrying, pushing  
On, reaching  
Panicking, yet my  
Eyes are full of light**

**Hushed  
Operatic  
P  
Excitement**

# Arts Grants 2017 (contd)

Every cloud has a silver lining  
what doesn't kill you makes you stronger  
While there's life, there's hope.

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow

Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence.

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hard-ship today.

No winter lasts forever; no spring skips its turn.

"Hope has two beautiful daughters – their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are."  
St. Augustine

Everything is okay in the end, if it's not okay, then it's not the end.

## Box

I opened the box  
and there was a Wimbledon ticket  
and a kitten

Thanks to Sai Murray (writer and poet) who led the sessions and inspired the group to write.

Look out for more updates of what happened in other projects in the next newsletter!

## Readers Group

A Readers Group has been re-launched at Inkwell Arts. This from Liam:

"On the third Saturday of every month we will spend an hour to discuss books and their created worlds. There is no rhyme or reason, and no overarching theme as to what we read, just as widely and as openly as possible. Grab a drink, some breakfast/lunch and come and join us at Inkwell."

### Readers Group

Drink coffee, eat cake, and discuss literary worlds.

3rd Saturday of every month,  
11am - 12pm  
Inkwell Arts,  
31 Potternewton Lane, LS7 3LW

For more information contact Liam at:  
inkwellreadersgroup@gmail.com.

## Tetley Visit

Thank you to Bryony Bond and Tannessa Ahmed of the Tetley, who kindly showed a small group of Arts & Minds members around the recent exhibition "Your Consequences Have Actions".

It was a fabulous and thought-provoking morning and we hope to continue offering special events like this to Arts & Minds members.



*detail of a mural by Saelia Aparicio*

## ***Making the Arts Everyday - June 5th***

*Opera North are hosting the following event in June - and we thought you might be interested! Contact Madeleine if you are.*

A one-day symposium at Opera North for local arts and community organisations in Leeds with the aim of sharing learning on engaging communities with the arts.

Inspired by a quote from David Slater at Entelechy Arts, "Barriers arise when art is not seen as ordinary", the focus of the symposium is on celebrating the vibrant arts scene in Leeds, and on bringing local organisations together to share their knowledge, ideas and experiences in the field of community engagement.

We will be asking the question: -

"How can we turn engaging with the arts into an ordinary, everyday occurrence for people who might currently have barriers to doing so?"

It is hoped that the day will help strengthen relationships between local organisations, and that it will spark some ideas for future projects and partnerships.

The symposium is open to a wide range of organisations including:

- Community groups and organisations that have worked with Opera North via our Encore and Community Partners schemes.
- Local arts organisations.
- Organisations with an academic interest in this area.
- Any other interested parties.

And is generously funded by the Paul Hamlyn Foundation.

We hope you can join us.

We will be circulating further information over the coming weeks but if you have any questions at this stage, and to register your interest/secure your place please contact Madeleine Thorne:

**madeleine.thorne@operanorth.co.uk**

## ***Austerity, lone motherhood & well-being***

*The following information is from a PhD researcher using photography to examine mental well-being - take a look and contact Rowan if you are keen to take part.*

My name is Rowan Sandle and I am a PhD researcher at Leeds Beckett University based in the School of Social Sciences. My research is looking at the effect of austerity (such as cuts to government funding) on people's well-being and mental health. I am specifically interested in lone mothers as they are a group noted to have been disproportionately affected by austerity. The study is in partnership with Leeds Mind, a mental health charity who promote better well-being for all.

The research uses a method called photovoice. Photovoice explores issues through the taking and discussing of photographs.

The first stage of the project is a 'photo walk', which will involve meeting to take a walk around your local community to take pictures of things that you think are helpful or unhelpful for your wellbeing. No experience of photography or equipment is needed! The second stage will be to discuss the photographs you take in a group with other lone mothers and also to discuss some findings from a previous study I did. Stage three involves the planning of a 'community event' to share what we found out in the workshops with the community (for example in a photo exhibition).

*Are you a lone mother? Do you want to have your say about how government cuts have an impact on your life? Do you want to do this a creative way, using photography? You might be ideal for this project. To find out much more about how the project will work please contact Rowan using the details below. She'll be able to answer your questions and tell you all the details!*

**Rowan Sandle**  
**R.sandle@leedsbeckett.ac.uk**  
**0113 812 2405**



# Newsletter Spring 2018

## Poem

**"In colours multiple and in black and white" by Peter McDonagh**

**Written after the Arts & Minds Winter Event, December 2017**

**Refs: Brightly lit stag chair, Joseph Beuys 1957-71 / Xanadu, Lothar Götz 2017**

**I sit and stare at you  
imaged in black and white  
as person and as chair  
which are you?**

**are your wedges  
of multi-coloured monochrome  
paint or lining paper?  
who are you?**

**yet your figure is clear  
with two human-like legs  
but how do you not fall over?  
what are you?**

**I cannot take you in  
all in one view  
you hide from me  
why do you conceal yourself?**

**if I could lean  
on your arm  
and rest on your comfortable lap  
perhaps I'd know you**

**as you peek out exuberantly  
from behind the Doric pillars  
and plaster scrolls  
of Leeds Art Gallery.**

## What is Arts & Minds?

Arts & Minds is a network of people who are interested in creativity and mental health in Leeds. We include carers, health workers, artists, performers, people who've used mental health services, OTs... anyone with an interest.

We are involved with lots of different projects in the city. One of our aims is to link people up so they can take advantage of all the cultural opportunities in Leeds.

We want to get people talking about how the arts can help mental well being. We work closely with mental health services (we're funded by Leeds & York Partnerships NHS Trust) and encourage workers to use creativity in people's care. We also run the annual Love Arts Festival, a 2 week celebration of creativity and well-being.

## Get involved!

If you're new to Arts & Minds please join up as a member online. It's free and you don't need a referral. You'll get money off in art shops and regular emails about arts and health things going on that might be of interest. We run regular events to get together. Every event is in a different cultural location, usually in the city centre. It's a good way to meet creative people and find out what else is going on. Or you could join the Culture Club to see lots of plays, operas and art exhibitions with a friendly group. Every 3 months we have a Buzz Group for members to share ideas and get more involved.

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0113 2623128  
www.artsandmindsnetwork.org.uk  
info@artsandmindsnetwork.org.uk  
Facebook: Arts & Minds  
Twitter: ArtsMindsLeeds**