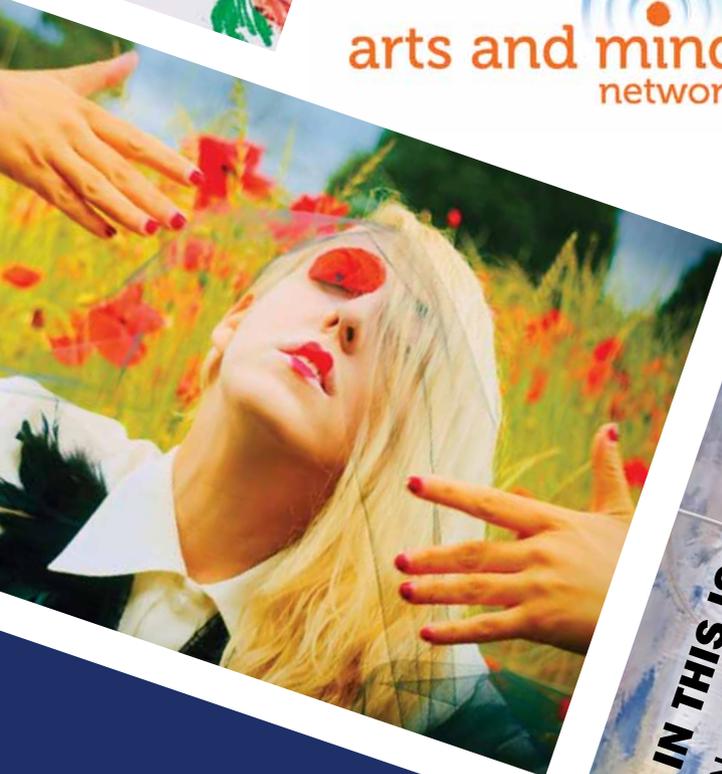




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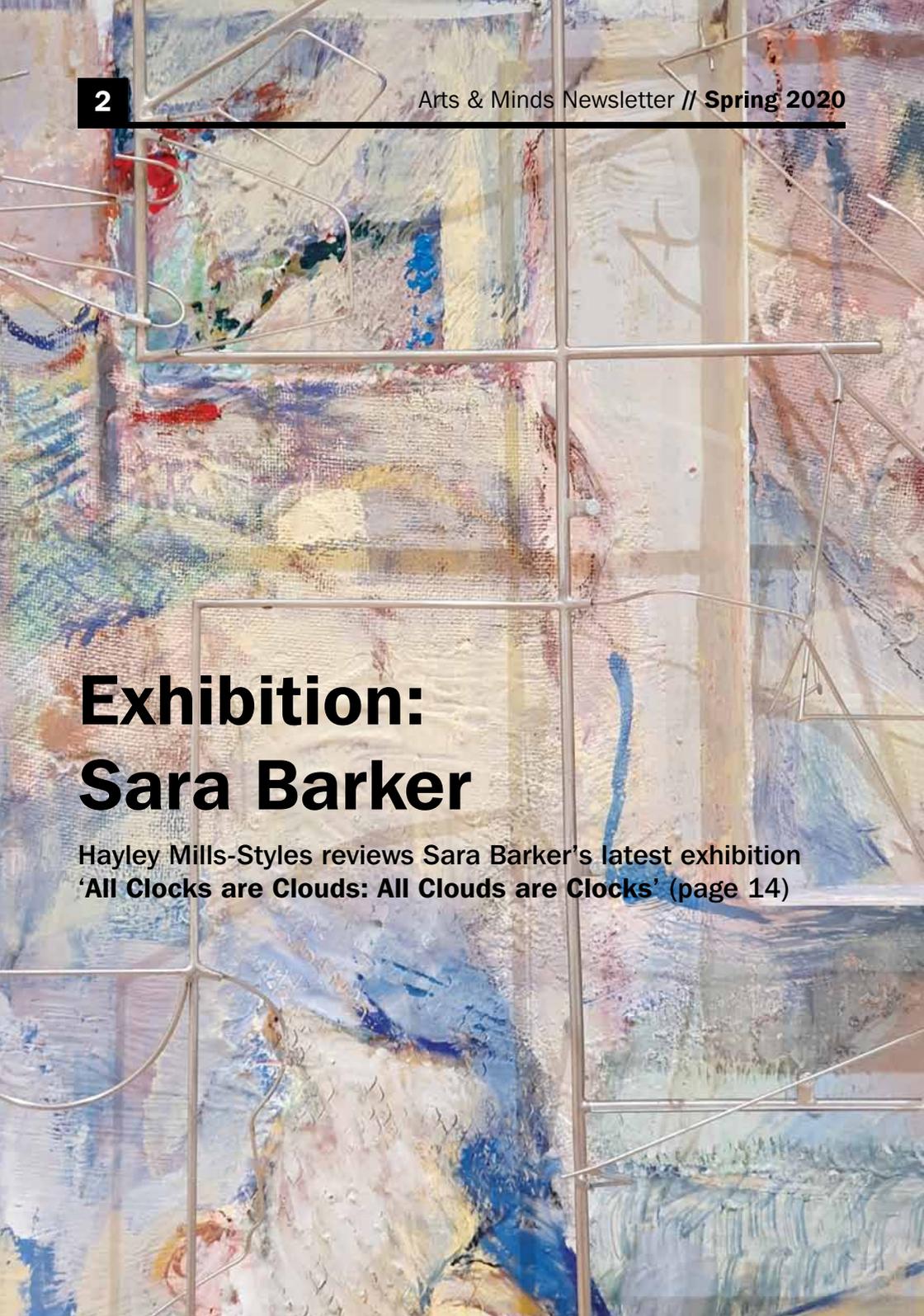
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Back for the new
year with 2020 vision!

Arts & Minds Newsletter

Spring 2020

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Exhibition: Sara Barker

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NOTES ON MUSIC THERAPY

Music is one of the few things in life that has the power to move us in many emotional ways. A piece of music can bring back memories, lift our spirits and soothe our stress levels and it is this power that music therapy harnesses.

Music therapy is a type of creative therapy that involves listening to and/or playing music. Depending on the requirements of the individual, music therapy can improve self-awareness, communication skills and self-esteem.

**THE USE OF MUSIC AS
THERAPY HAS BEEN TAKING
PLACE FOR CENTURIES...**

The sessions aim to facilitate positive changes in behaviour, with the music therapist conducting each session using a range of instruments and/or their voice to provoke interaction and response from the participants. This kind of relaxed and safe environment helps to encourage learning and emotional release from those taking part.

One of the biggest pluses of music therapy is that you do not need any previous musical experience or be able to play an

instrument to join in. If the therapist wants you to join in, they are likely to offer up an easy to play instrument such as a drum or tambourine, or indeed you can simply sit back and enjoy listening to the music.

A music therapist may work with one person individually, or with a group of people together. The therapy itself can take place in a variety of settings, including hospitals, schools, prisons, care homes and private workspaces depending on the requirements of those taking part. Every therapist will have a different way of working and the session structure will largely depend on the nature of the issues being explored.

The use of music as therapy has been taking place for centuries, with Ancient Greece leading the way. Apollo, for example, is the Greek God of music and medicine - proving that the two have been linked since at least the Ancient Greek era. Music therapy as we know it today began during and after the two World Wars. It was then that musicians (especially in the UK) would travel to hospitals to play music for soldiers experiencing emotional and physical trauma. French cellist Juliette Alvin pioneered clinical music therapy in Britain in the 60s, and is still considered the therapy's strongest influencer.

Music therapists will use a variety of techniques depending on the needs of the people taking part. The following techniques are some of those most commonly used, however this list is not exhaustive and other techniques can also be applied:

- **Singing** – Your music therapist may invite you to sing along while they play a song. Singing can help to develop articulation and breath control, and within a group setting it can help to improve social skills.

- **Playing instruments** – Playing an instrument can help you refine cerebral skills and coordination. Playing along with others also enhances cooperation and team working abilities.
- **Rhythmic based activities** – Imitating a rhythm, or making up your own, can help to develop coordination and range of movement. In some cases it can also help to ease anxiety and aid relaxation.
- **Improvisation** – Giving you the opportunity to express yourself in a creative way, musical improvisation can help when words fail you.
- **Composing/songwriting** – Writing a song about your experiences can be easier than talking about it. Composing music can also help to foster a greater sense of self-awareness, helping you to understand your feelings better.
- **Listening** – Just listening to music can have therapeutic properties. It can help to develop cognitive skills and encourages memory and attention.

Thanks to the versatile nature of music therapy it has the potential to help a range of different social groups. Almost everyone can benefit from music as therapy, however it is thought to be particularly beneficial for sufferers of anxiety and depression as well as sufferers of Dementia.

Working as a medium of communication, music can help people dealing with depression to express themselves in a creative way. Whether music therapy is undertaken individually or through a group, the very nature of music helps to ease feelings of isolation that are often experienced by those with depression.

SOMETIMES LISTENING TO A SONG FROM THE PAST CAN TRIGGER PREVIOUSLY FORGOTTEN MEMORIES...

Music therapy has also been hailed for its ability to build self-confidence, helping individuals to take responsibility for their choices and make more choices independently. Anxious thoughts and feelings can often be intervened with the use of music, with calming melodies helping to reduce stress and even lowering blood pressure.

Serving as a creative outlet, music therapy also helps individuals to develop ways of coping when difficult situations arise.

Elderly people can often feel isolated, and those who have dementia even more so. Music therapy for older people aims to improve self-esteem, promote social interaction and encourage memory recall. Sometimes listening to a song from the past can trigger previously forgotten memories – something that is invaluable for those who have memory problems.

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” (Plato)

Article by **Paul Abraham** of www.headingonwards.com

For more information about music therapy in your area visit: www.nordoff-robbins.org.uk/locations/england/

GROUND UP

Ground Up is a cafe and event space in Leeds Corn Exchange. Business owner Andrew is a proud supporter of mental health awareness and Arts & Minds Network. I caught up with Courtney Brady, Ground Up's Events Manager, to find out more about Andrew's story.



Why is mental health and wellbeing so important to the business?

It's important because it is important, something has to change and we have to be that change. Andrew's personal experience, my own and many of the team's personal journeys, resonate with the need for more to be done.

Can you tell me a bit about how Ground Up started?

Ground Up started after Andrew was sectioned under the Mental Health Act in 2017 for attempting to take his own life. He began talking about his experiences with mental health services both online and in his recovery. People began to reach out to him with similar stories of crisis and mental ill health.

Andrew soon came to realise that he wasn't alone and developed a support network of understanding, non-judgmental people who were not afraid to talk about a subject that was still surrounded by stigma. Some people he knew and some he didn't so they would meet up and share their experiences over coffee. It was during these meet ups he realised that simple and honest conversations about mental health over a cuppa helped people for the better, and the idea for Ground Up began.

Can you tell me a little bit about your role as Events Manager?

As the Events Manager, I'm responsible for planning and managing all of our events inside and outside the business. The events that we plan and host are aimed at creating social impact, whether that's through educational events such as Mental Health First Aider courses, networking events that help to spread our message into the wider Leeds community, or simply just an arts and crafts evening. The aim is to get people opening up and talking, with us providing the space for people to do so freely and safely.

What's the best thing about your job?

Knowing that what we do can help change peoples lives for the better. There have been a few instances where I have sat with people who have been in distress, without them even knowing

who we are and what we do, and they have left Ground Up in such a different head space to how they entered. That for me is the best thing, knowing I've been that bit of kindness in someone's day.

Can you tell me about some regular creative events that might be of interest to our Arts & Minds members?

The first Thursday of every month, we host a Stitches and Swears evening which is open to everyone. It's an embroidery evening for anyone who enjoys sewing and swearing! The event is pay as you feel.

Once a month on a Saturday morning we host a Speak Better French group which is ticketed. It's aimed at people who can already speak French but want to develop their skills.

Is Ground Up available to hire for events if our readers are looking for a venue?

We are open to offers from anyone who may want to come and host a Thursday evening event like a craft night, sessions would run from 5.30pm to 9.00pm and you would be providing the materials and event support.

You can find out more by following Ground Up on social media @groundupleeds, details of events can be found on Meetup at Ground Up Coffee and Company.

When Ground Up opens again after the lockdown pop in for a brew and some cake seven days a week. Monday to Saturday 10.00am to 6.00pm with late opening until 9.00pm on Thursday and 10.30am to 4.00pm on Sundays. Arts & Minds members get a 10% discount!

Article by **Hayley Mills-Styles**

POETRY CORNER

Conversation Between Two Aspies

It's so quiet
 Quiet in this noisy queue
 People chat
 But there is awkwardness too
 It's so quiet
 Quiet in this noisy queue
 There is silence
 Between the unspoken and me and you
 It's so quiet
 Quiet in this noisy queue
 I say so much
 But so little too
 It's so quiet
 Quiet in this noisy queue
 Waiting in line
 For a bus of steel and wheels
 It's so quiet
 Quiet in this noisy queue
 We get on the bus
 The noise of things I say to you
 Others sit in silence but listen to me and you
 Are we crazy?
 For saying the things we do?

Poem by **Daniel White**

This poem was inspired by my meet up with a friend (Alex). It was a really good day. Alex has Asperger's Syndrome too.

MUSIC REVIEW: MIRANDA ARIEH



I recently witnessed something incredibly special. During my Leeds Music Promotion era I watched well over a thousand performances and saw many quality performers, including some that I was able to get air-play in America. I also had a personal database of over a thousand female singer-songwriters from every corner of the world, BUT none have had the effect on me that the incredible Miranda Arieah has had on

me throughout this gig. Speechless, stunned and euphoric all at the same time as she and her band took a final ovation.

To try and compare Miranda to anyone would be a massive injustice to her amazing and unique talent as a songwriter, lead singer and performer. Miranda is the complete package and more besides. If you can only afford one CD or one gig ticket this year then spend it on Miranda Arieah, it will be money well spent. Reviewers could write tens of pages and thousands of

superlatives about her and still be unable to reciprocate what she produces during her sets. Miranda is a completely unique and talented performer that comes around once every 30 years or so. If she's not headlining the biggest festivals over the next few years then it will be the biggest music injustice of all time. Miranda I salute you.

Miranda is also a passionate mental health campaigner who promotes the role music can have in creating better mental health for people of all ages. Hopefully an interview with Miranda and her Mental Health in Music plans will be featured in a future newsletter.

For more details about Miranda and her music, please check out: <https://www.facebook.com/mirandaariehmusic>

Article by **Paul Abraham** of www.headingonwards.com



EXHIBITION: SARA BARKER

Sara Barker is a Manchester born artist who lives and works in Glasgow. She has exhibited work in galleries in the UK, Europe and America. She works with both painting and sculpture, combining different materials like jesmonite, car paint, oil paint and pastel.

Her exhibition 'All Clocks are Clouds: All Clouds are Clocks' is on at Leeds Art Gallery until 31 May and is definitely worth a visit. The title of the exhibition is about the structure of time and the softness of clouds, and you can see this in the work she has made. In the White Gallery opposite the Tiled Hall Café is a collection of new pieces that Sara calls Trench Works. This work is in metal trays and uses lots of different textures including wire and fabric.

There are metal sculptures over the trays that cast beautiful shadows on the White Gallery walls, they remind me of the lead windows in old buildings. Sara's work is painting and sculpture in one which I found really interesting. There are lots of soft colours in the work from the different types of paint and pastel that she uses. The gallery was really quiet even though it was busy and lots of visitors, including me, were sitting and looking the work.

I love the way that Sara layers paint and sand onto the work using different tools like sandpaper, wire wool, rollers, wire mesh and scrappers. One of my favourite piece of work is called Liquor and Ceramics; the colours and textures are really beautiful.

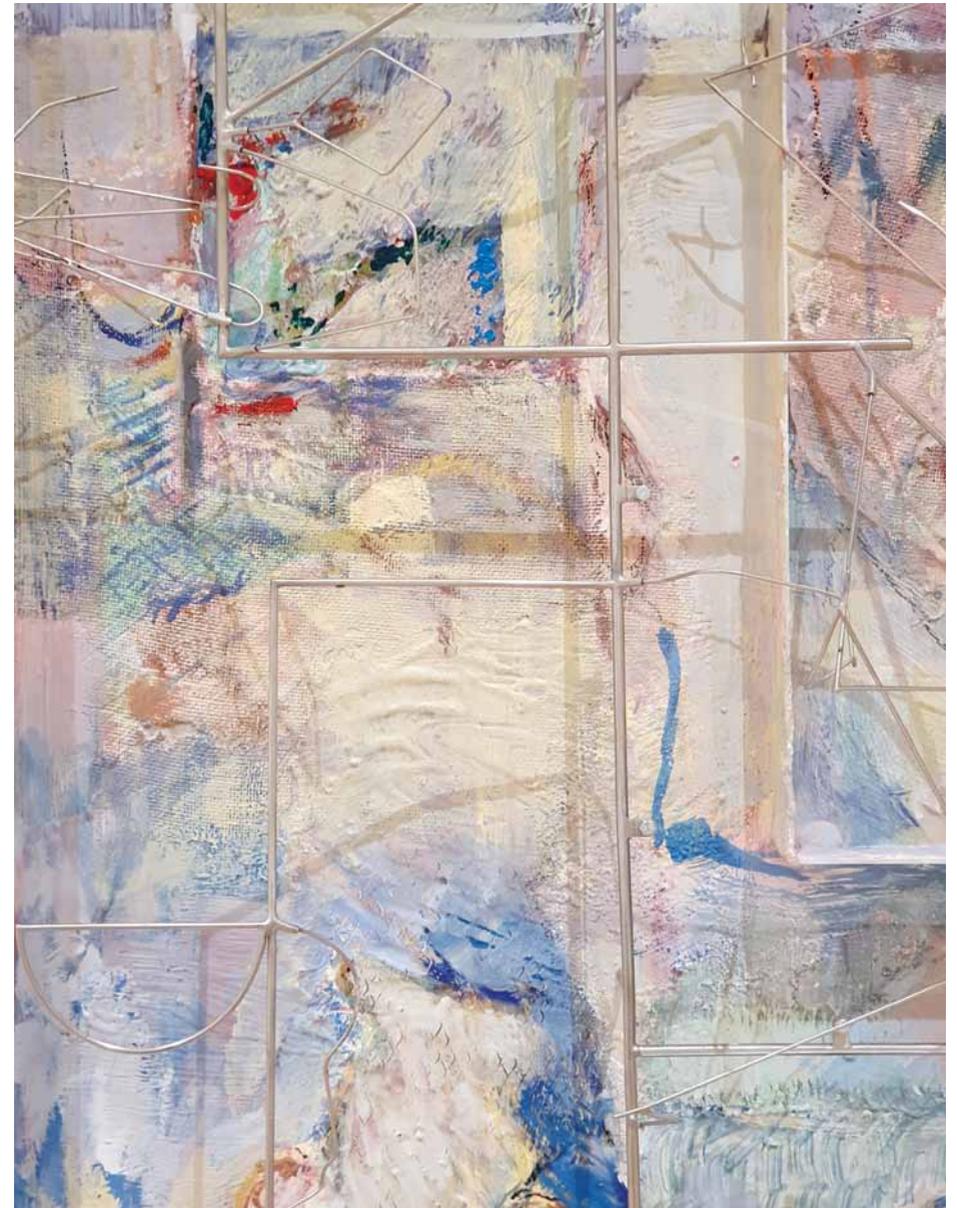


Photo: **Liquor and Ceramics** by Sara Barker



Photo: **Winter Receding** by Sara Barker

Winter Receding is another highlight of the Trench Works, the gentle metal trees are placed in front of abstract figures in paint and pastel. Sara's work is quite abstract, some of the work has figures in it but they don't have lots of detail, it feels like you're looking at the world on a misty day or through soft clouds.

In the Bernard and Lucy Lyons Galleries you can see Sara's work with paintings and sculptures from the Art Gallery collections. Artists like Shelagh Cluett and Patrick Heron who like to see what they can create with different materials like metal and paint. You can see how Sara has been inspired by different types of artwork.

Although it is currently not possible to visit galleries, many, including the Louvre, Tate Britain and National Gallery offer virtual tours of their shows. Galleries and museums in Leeds are also posting items from the collections on social media channels.

Article by **Hayley Mills-Styles**

A WORD FROM THE EDITOR



It is with great pleasure that I say hello to all Arts & Minds members and introduce myself, Toby Thomas, as the new Development Worker for Arts & Minds.

I have been in post since the beginning of March and have met some of you already. I have also had the chance to visit a few of the groups and projects Arts & Minds run to see the great work that is being done. The photo above is me having a go on the incredible interactive 'magic' table Invisible Flock invented for a dementia project run at the The Mount hospital before the lockdown began.

It is a strange time to start a new job and there are many challenges for us all at the moment. Along with the rest of the Arts & Minds team I will be looking for new ways for us all to keep connected and for new creative outlets that members can engage with in these times of social isolation. If you have an idea of how to do this, or you want to connect up, please email me at: toby@artsandmindsnetwork.org.uk

Please also keep checking the Arts & Minds eBulletin and website for more information.

ARTIST PROFILE: JULIA WILLIMENT

Arts & Minds member Julia Williment talks about her experience as an artist.

Being creative has played a huge part in my mental health recovery. After not doing any art for 20 years I was reintroduced to it when I became an inpatient.

Art helped me in so many ways, I connected with people who had similar experiences to me and found getting off the busy ward to be creative very therapeutic. Art gave me something positive to focus on when times were difficult.

When I accessed talking therapies I found producing art useful in showing my thoughts / feelings and emotions when the words would not come. The sentence – “a picture can paint a thousand words”, had meaning.

Enrolling on community art courses meant I not only learnt new skills and techniques but made new friends too. My confidence and self esteem quickly increased.

Reducing waste by saving / repurposing materials is now so important that I try to reuse things in my art.

The piece shown started when I was given an unwanted part painted canvas by a family member. Although covered in just Red paint I knew I could breathe new life into it and make it more colourful and uplifting. After searching through my craft

drawer I came across sheets of tissue paper, PVA glue and a ball of string. I tore up the tissue paper and layered the colours. I used pieces of string under the tissue to add some texture.

I was pleased with the outcome.

As a member of the charity Mind I hesitantly entered a photograph of the canvas for the annual calendar competition. After a few months I was delighted to hear that my ‘repurposed’ canvas had been chosen to represent the month of May. I am really pleased to not only support Mind but to show others how the power of being creative can aid recovery.



WHAT'S ON...

RECOVERY COLLEGE

The current situation with Coronavirus is really challenging for everyone. Our priority is keeping all our students, facilitators and those who work and support us as safe and well as we can.

Given recent government guidance we have taken the decision to suspend our current course time table. This means that all courses, workshops and group meetings which have been planned by Leeds Recovery College to be held for the remainder of this academic year have now been cancelled. (These are for courses running from now until July 2020).

If you were planning to attend an introductory session or make a new course booking please check our web page for updates on the current situation and news of when we are able to resume our course delivery: www.leedsandyorkpft.nhs.uk

Please also keep in touch with our regular email newsletters. If you have any questions, or to sign up to the newsletter, please email us on: leedsrecoverycollege.lypft@nhs.net

An Online Recovery College is available where you can access a range of online educational courses and resources. This has been designed and built by NHS Tees, Esk and Wear Valleys Trust and all the courses provided are free to access. Simply click on log in to sign up for a free account:

www.recoverycollegeonline.co.uk

You can also access the Intro to RC course and Coronavirus Key facts without creating an account or providing any details if you would prefer.

CULTURE CLUB

Due to 'you know what' Arts & Minds are currently unable to accept new members to Culture Club. Normally we meet monthly to discuss our projects and plan trips to theatres, exhibitions or outings. Due to the closure of public venues these activities have been suspended until further notice.

We may be separated physically but we regularly email messages and have expanded means of communications to a Twitter page ([twitter@CultureLeeds](https://twitter.com/CultureLeeds)) and also to a public Facebook page (www.facebook.com/CultureClubLeeds) and we hope to get a Culture Club Facebook members group up and running soon. Please do contribute to the tweets and comments or email queries and technical issues on the recycled flower project to maintain our mutual support and camaraderie with each other.

We make suggestions to undertake virtual outings and enjoy the rich picking of "Free" theatre productions, operas or concerts within the comfort of your own home. We glean recommendations of virtual activities from Arts & Minds, Arts Together and from our own research. An example of one of the many live streamed shows is from the Mikron company (based in Marsden, West Yorkshire) who like many companies have been forced to cancel their entire 2020 season. They offer their first ever livestream "All Hands On Deck", from October last year: www.mikron.org.uk

If you come across an uplifting performance, preferably humorous or of good quality please share the online address. Arts & Minds will be updating their website regularly and posting items for your entertainment too. We intend to resume the Culture Club meetings and activities as soon as we are able to do so. Until then keep recycling and do stay in touch.

CONNECT & CREATE



'Normally' this group meets monthly at The Tetley so that Arts & Minds members can connect, share skills, and take part in a creative workshop. Our talented members usually run these workshops, and I'm sure you are missing this dip into the huge well of creativity in our membership. However we will be bringing you a taste of these events in the form of an online 'Zoom' workshop.

Each month's offer will be led by a different member and you can take part for free in the comfort of your own living room. The first one on patchwork with paper will be led by Hayley Mills-Styles on **Tuesday 5th May** from **1.30pm to 3pm**. We will be advertising this in an Arts & Minds eBulletin to members. Those who sign up will be sent a Zoom link to enable them to take part, information about how to use Zoom, and what you need for the workshop. This will be cheap materials you are likely to have to hand at home. The workshop will be recorded and made available to those that are unable to take part. We look forward to joining you soon on Zoom!

KINDNESS WRITING WORKSHOPS



This workshop is for everyone, whether you're a seasoned poet or have never written anything more creative than a shopping list. Within the hour, we will touch on some of the science of kindness, try out a few mood-boosting writing techniques, and sharpen some creative writing skills.

As a poet, Andy has performed on national TV and radio and published poems in journals. With his band, Middleman, he has toured the UK and played live on Radio 1 and 6 Music. In 2016, he began writing drama as a Radio 3 Verb New Voice. His debut play is touring the UK.

Andy will share the most useful bits of what he has learnt in twenty years of writing and thirteen of running workshops for more than 45,000 people. The workshops will be relaxed, with no pressure to share but plenty of opportunity. All exercises and creative writing tips will be demonstrated on the screen along with verbal explanations.

Andy will be running the workshops on **Tuesday 12th May** from **1.30pm to 2.30pm** and again from **7pm to 8pm**. Places are limited so please email info@artsandminds.org.uk to book your place saying which workshop you would like to attend.

About Arts & Minds

Arts & Minds is a network of people in Leeds who are interested in creativity and mental health. We include carers, health workers, artists, performers, students, people who have used mental health services and OTs. We want to get people talking about how the arts can help mental wellbeing.

If you want to know more please contact us using the details below. You are welcome at any of our events or workshops, if you are a member or not. You can join Arts & Minds for free at: www.artsandmindsnetwork.org.uk/join-us

Arts & Minds, 31 Potternewton Lane, Leeds LS7 3LA

phone: **0113 262 3128**

email: info@artsandmindsnetwork.org.uk

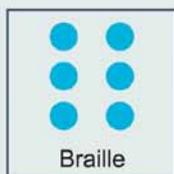
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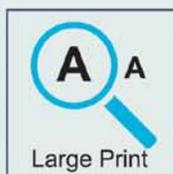
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