



Arts & Minds Newsletter

Summer 2020

www.artsandmindsnetwork.org.uk



Artwork by **Sue Bird**

www.facebook.com/suebirdcreations

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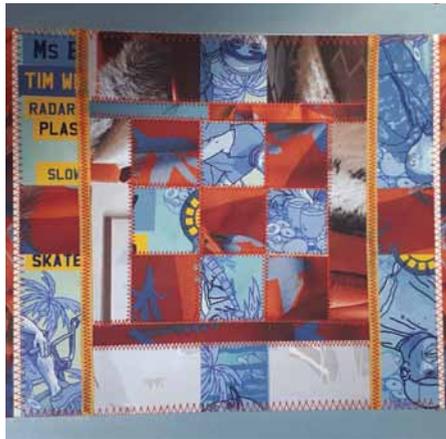
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A WORD FROM THE EDITOR

Welcome to the summer edition of the Arts & Minds newsletter! A lot has happened since the last edition. Arts & Minds has been busy adapting to the restrictions we are faced with currently as we move our work online. The Connect & Create group that would normally meet at the Tetley are now meeting every month via Zoom with an exciting programme of workshops. The images below and right were made in Connect & Create workshops led by artists Hayley Mills-Styles and Alison Gordon.

As always I will be looking for new ways for us all to keep connected and for 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.



REVIEW: MY CREATIVE CHANGE

Leeds poet Charmaine Riley has now published her third collection of poetry, prose and short stories titled 'My Creative Change'. Her first collection 'Eye-Opening' was described by Oxford Scholar Dr Franklin Smith as *"a brilliant piece of work fashioned with inestimable creativity spanning the different genres, which constitute the poetic landscape"*. Her second collection titled 'My Global Comment' was again very well received as she touched on issues such as resilience, the environment, manners and respect for the elderly all covered with passion and feeling.

'My Creative Change' contains the same raw honesty and commentary with a more darker view but still very poignant and thought provoking. My personal favourites being 'Politics is a Pantomime' and 'What Happened to Real Art'. An added bonus are the two short stories included in this collection. Both are brilliantly constructed in an easy flowing manner and everyone who reads them will be able to relate to the characters and situations.

Charmaine goes from strength to strength and hopefully this latest collection will result in her getting the recognition her incredible talent deserves. 'My Creative Change' is available to buy on www.ebay.co.uk and www.bookdepository.com.

The poem 'WHEN CORONA'S OVER!' is Charmaine's take on the current situation we find ourselves in.

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

WHEN CORONA'S OVER!

When Corona's over!

I don't know about you but I'll be less of a moaner

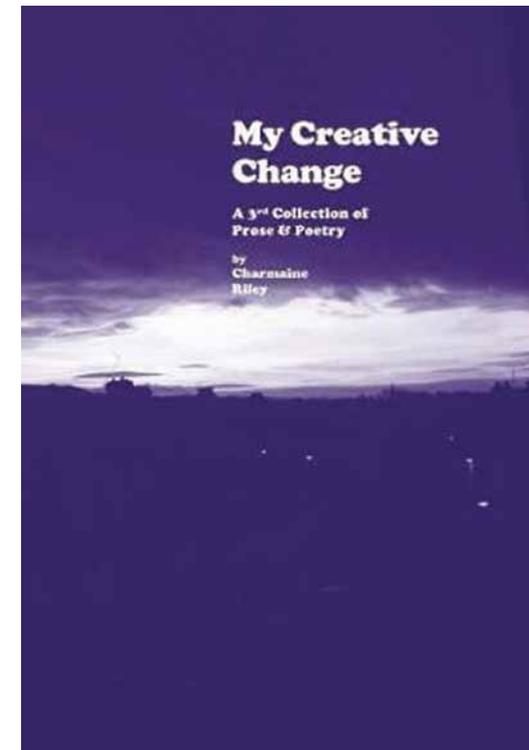
Not such a loner

More of a face to facer

Than a texter and phoner

Return to being a roamer instead of a stay at homer

No more taking life for granted



INTERVIEW WITH AMY JADE

I recently caught up with Leeds based printmaker Amy Jade Prints to find out more about her work, inspiration and techniques.

When did you start making art?

I guess I've always been a maker. I remember as a child copying pictures of celebrities out of the TV guide and posting drawings to relatives. I remember once I posted a drawing of my Mum in the bath to my Auntie, my Mum wasn't thrilled, I don't think it was particularly flattering!

I've worked with lots of different techniques over the years from photography, painting, collage to charcoal. I studied illustration and animation at university in Loughborough but only really got into print making about five years ago.

Who are your inspirations and influences and why do you like them?

This is a tough one because there are so many across lots of different areas! Most of my work shows plants and animals so I would have to say the great outdoors.

I love the work of illustrator Lisa Congden, her work is bold, simple, colourful, uplifting and perfectly imperfect. She embraces the handmade look and everything is a bit wonky and I love that. It takes a lot of confidence and skill to pull that off so beautifully.



I love the work of Alice Pattullo and Dinara Mirtalipova both of them are illustrators inspired by the traditions and folklore of their heritage. Folklore and storytelling are big sources of inspiration to me too and I enjoy their decorative but very different approaches to it. Alice looks at British traditions whereas Dinara is very much influenced by her heritage.

Not surprisingly I am also hugely inspired by animation and would have to say Tom Moore is my favourite animator. He produced Song of the Sea, The Secret of Kells and The Breadwinner. I saw Song of the Sea at the Leeds International Film Festival and have been mesmerised by his work ever since.

What do you like to make? And how do you make it?

At the moment I would definitely describe myself as a print maker. I make linocut prints by designing the piece on paper, transferring my design onto the lino and then carving it out with tools. I then roll ink onto the finished block, lay some paper on top and put it into my antique book nipping press.

I bought the press from a book binders' studio on a beach in Worthing about a year ago. Before that I used a wooden spoon to rub the back of the paper and pick up the ink. I also run workshops where we use the wooden spoon technique, the press weighs 80kg so it's not very portable!



Tell me a bit about being creative relates to mental health.

I really enjoy the slow physical process and the time I spend making always leaves me feeling more like myself. I often described it as liberating, a bit like knitting or weaving because it requires a focus that is almost like meditating. I struggle to think about anything else when carving or drawing and that is the beauty of it. There is also great satisfaction at the end of the process where you have created something that is unique, a piece of you that will bring other people enjoyment.

Describe a typical day in your life as an artist.

I work full time for the NHS. This often means the first 8 to 9 hours of my day are spent sitting at a computer. I'm lucky to work in communications which can be creative though. I have made animations and promotional films as part of my role. I also do a lot of work on our website, social media and newsletters too. My lunch breaks frequently mean a quick trip to the post office to send prints to customers and I am always writing notes to myself on my phone for things to do/make in the evenings.

When I get home my time is my own and after eating, I'll often head to my home studio on the top floor of the house I share with my partner Andrew and cat Poppy. Here, I spend a few hours making a mess before bed. In the run up to an exhibition or fair I will spend most evenings and weekends in my studio and I'll have prints hanging up to dry from everything that doesn't move!

You can find Amy Jade Prints online through her website www.amyjadeprints.com and on Instagram [@amyjade_prints](https://www.instagram.com/amyjade_prints).

Article by **Hayley Mills-Styles**

ALL BUZZING AT HONEY POTTERY

It will be a hive of activity at Honey Pottery once “lockdown” has ended and the café opens its doors again. The friendly and welcoming café in Horsforth, Leeds is the perfect place to let your inspirational juices flow and create something unique and personal.

You don't have to be arty or experienced to enjoy your visit there as they have a vast selection of bisque ceramic pots, vibrant paints, stencils, stamps and brushes, the tools are all there to get you started. From £2.50 to £30.00, their prices include the pot itself, paints, use of the pottery equipment, firing and glazing. Choose a brush, some paint and let your imagination go! The cafe has stencils, sponges, stamps, plenty of samples and ideas to inspire you. All the paints are non-toxic and water-based and staff are always on hand to talk you through the tools and gadgets, paints and glazes, brushes and sponges to create your masterpiece.

Whether it's painting with the kids, making a unique gift for someone special or a priceless hand or footprint of your little one you'll have an enjoyable and rewarding time. Whilst painting, you can also relax and enjoy their fresh coffee, a pot of tea, luxury hot chocolate or one of many refreshing cold drinks. And if you really want to indulge, they also have a choice of freshly baked homemade cakes to tempt you!

One of its most popular offers is the opportunity to capture the precious moments of your baby's first few weeks and months as you can create your very own keepsakes of their hand and



footprints to last a lifetime. Clay imprints make a great gift for Grandparents – Godparents – Mother's day – Father's day – Christmas or simply as a wonderful keepsake for Mummy and Daddy. They also have a selection of hearts, bowls, large dishes and platters which can be chosen to print hands and feet on.

Honey Pottery also love to party, so why not let them create the perfect painting party for your special occasion. Their private function room can easily accommodate up to 20 people. If your party is larger than 20, you can hire the whole of Honey Pottery for your event. A birthday party at Honey Pottery gives you private use of the party room for 1.5 hours, giving you plenty of time to be creative, have fun and have a good catch-up with friends.

Whatever the occasion or event they can tailor the party package to suit you. Check out the individual party pages for more specific details on www.honeypottery.co.uk

It is not always necessary to book a table, but they do advise it during their busier times and at weekends and school holidays. To avoid disappointment, call to reserve a table and BEE creative!

Honey Pottery, 131 New Road Side, Horsforth, Leeds LS18 4QD

Phone: **0113 345 1211**

Email: info@honeypottery.co.uk

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

DJ DANIELE DE LISSANDRI

DJ and Music Producer, Daniele De Lissandri shares how music has always been a huge part of his life and the positive effects his teaching has on others and their mental wellbeing.

Mental Health and Wellbeing are important to me as a DJ and Music Producer, as for me, music is a 'release.' When I'm in the 'creative zone,' all of my worries disappear, as I'm solely focused on the music. Many music artists have MH issues due to the lifestyle, and the rollercoaster of adrenaline from performing. The lifestyle looks glamorous, but it takes its toll on your body and mind. So, maintaining positive mental wellbeing is vital.

I always had an interest in music from a young age, and began piano lessons aged eight. At school I was diagnosed with ADD, (Attention Deficient Disorder) and was prescribed Ritalin to help me focus. I never felt I lacked focus with music though. It was actually while I was studying music at GCSE and A-Level that I got into producing music too, and went on to gain a degree after studying music for four years at university.

After University I moved to Leeds and collaborated with a friend making music. We DJ-ed all over the UK, producing music which was released globally on record labels. I volunteered at a local Youth Group, bringing my decks along to see how the young people would respond. I loved helping them to learn a new skill, which inspired me to enrol on a teaching qualification course. After, I helped set up a DJ School, establishing a



successful company working with 100s of young people. Now, I work freelance, teaching people of all ages and backgrounds, including those with SEN, behavioural needs and mental health problems.

There are lots of organisations in Leeds offering music activities. I work with Cloth Cat on the 'Get Your Act Together' project. I ran the Music Production course from the Cardigan Centre, but due to lockdown, this has now gone online. Every Monday at 4pm, I run the course on the Cloth Cat YouTube channel. You can re-watch previous lessons by searching for 'Cloth Cat GYAT Music Sessions' on YouTube.

Cloth Cat run another project called 'Man About Town,' working with men who may be socially isolated and who are at risk of suicide, to engage them back into the community through creative, music and arts activities. For more information visit: www.clothcatleeds.org.uk/manabouttown

Other places I would recommend (some however, are for young people only) are; DJ School UK, Studio 12 and First Floor Project.

The best thing about my job is, that it was always an ambition to work in the music industry and I get to make music all of the time. I also work in Leeds High Schools teaching DJing, and the moment when it 'clicks' about how to DJ, or the excitement on their face when I show them a new skill, is invaluable – this is why I love teaching.

After lockdown, Dan can offer face-to-face lessons, in group settings or on other projects: www.delissandrimusic.com

Article by **Ruth De Lissandri**



INTERVIEW WITH LOUISE ATKINSON

I caught up with Leeds based visual artist Louise Atkinson to chat about her work, business and curating the Arts & Minds annual exhibition in 2019. You can see more of Louise's work on her website: www.louiseatkinson.co.uk

Tell me a bit about yourself and your work

I am a visual artist, curator and researcher, I specialise in the relationship between art and ethnography (the study of culture, customs and habits). To make my work, I use a range of materials and techniques, including artist books, postcards, drawing, textiles, sculpture, and curating exhibitions. I often change the way I work depending on the requirements of the project or artwork.

My research and creative practice involve responding to ideas around collecting, taking inspiration from museums and heritage settings. My work often involves making a collection or series of objects presented as an installation. Through my research, I also work with other artists and participants to create co-produced installations.

How did you get involved with Arts & Minds Network?

I became aware of the Arts & Minds Network through their annual open shows in Leeds City Centre. Later, I was invited to run mentoring sessions artists wanting to develop their practice and curate their own exhibitions.



Tell about your experience curating the Arts & Minds annual exhibition in 2019

I was invited as an artist-curator and co-director of the arts opportunity website CuratorSpace to support and mentor a group of Arts & Mind members to curate last year's annual exhibition. The exhibition takes place every year in the city centre and showcases the artwork produced by its members over the year.

Last year they decided to create a curatorial team who would learn new skills by displaying and installing artworks, as well as writing the text for the gallery and thinking about how the audience would move around in the space. As the exhibition wanted to raise questions about the relationship between art and mental health, the team were mindful that the gallery should allow space for people visiting to think about the artworks on display.



The people exhibiting work included artists who have different experiences of living with mental health conditions, as well as people who use art as a way of managing their wellbeing, and those exploring the topic of mental health. The exhibition highlighted a wonderful selection of creativity and techniques and visitors and artists enjoyed seeing the work in situ.

CuratorSpace is a great way to find and apply for exhibitions and other artists opportunities, can you tell me about how it started?

CuratorSpace was built as a way to help art organisations to manage their open calls, everything from exhibitions and residencies through to commissions and competitions. Since then it has also become the first port of call for thousands of artists all over the world looking for opportunities at all stages of their career.

It was founded six years ago by myself and web developer Philip Bennison, and since then the website has hosted thousands of opportunities in over 45 different countries and now has over 38,000 members. Artists can register and apply for opportunities for free or subscribe for a profile of their work and a range of other benefits, such as promoting their events and exhibitions, including those online. We provide a quarterly artist bursary as well as public and product liability insurance as part of our new Artist Plus subscription for only £35 a year.

How can our members use CuratorSpace?

Artists who are looking for opportunities to exhibit their work can go to www.curatorspace.com to find callouts. If they're interested in applying to any of the opportunities, they can register for free on the website. Even during lockdown, there are still lots of opportunities to get involved in!

Article by **Hayley Mills-Styles**

MADE WITH MUSIC

In September 2019, Arts & Minds funded a ten-week music project partnership between Leeds' based charity Made with Music and the Yorkshire Regional Perinatal Mental Health Service, based at The Mount in Leeds. Research at the Royal College of Music published in 2018 showed that a group of women with moderate to severe postnatal depression symptoms improved faster in a ten week singing group compared to other interventions and we'd heard anecdotal evidence about how much music helped through our community classes from mums who had experienced postnatal depression.

At Made with Music, we try to think about the wellbeing of parents and carers in everything that we do by getting them fully involved with sessions and building everyone's confidence, so we were keen to develop this further. We designed the sessions to involve lots of different styles of music, using songs and rhymes that encouraged a practical way for mums to bond with their baby. We also used songs that got parents singing in harmony and that would encourage singing and using music at home. By the time we got to the last few sessions, the participants suggested all the songs that we were singing and we built the sessions around their choices.

We had some great results from the pilot; no one dropped out, everyone reported a lift in mood over each session and 100% would recommend the group to others. We wanted to run the project with more groups to check these results and see what would happen with another group of women. The Mount agreed to fund another 4 blocks of 10 weeks so that we can look at the impact and Leeds Inspired funded a continuation project of

a family choir for parents and siblings to attend after they have been to the parent and baby group.

Unfortunately, our first blocks of these projects were cut short after 9 weeks due to the Covid-19 outbreak and we haven't yet been able to go back. We've been providing online singing content on Facebook and YouTube that has been used on the ward at The Mount and we're trying to keep in touch with Mums over social media and through providing regular singing content for young children. It's definitely not the same as being together in the same room and we can't wait to get back to singing with everyone.

We can't tell you about the project better than the parents who came along, so here's one of many quotes we could have used about the sessions:

"It's great to be able to meet other babies and other mums and just feel really good about yourself, because it's so easy to feel really rubbish. This just takes you away and you can really relax and release and just enjoy the moment."



MIND YOURSELF!

A woman posted this story in comments under a You Tube video. She wrote...

The gist of the story was that the owl, who was considered wise and fearsome by the birds, gathered them all together and told them that there was a new fearsome menace coming. This menace only appeared in the day and if they looked at it they would die so they must keep their eyes closed until night and then they could open them and fly about.

All the birds were very afraid and did as they were told. As time went on they became very depressed and miserable and they were concerned that their numbers were diminishing rapidly.

One night they all decided that as life was no longer worth living they would keep their eyes open when day dawned and all die together.

This they did only to find out that they had been lied to and there was no menace only the sun rising. They were so relieved and overjoyed that they sang their hearts out. This was the origin of the dawn chorus.

The mind is a powerful tool. It's where our thoughts are created.

'As a man thinketh, so he is'. This saying proclaims the power of the mind to shape ourselves and therefore ultimately our environments and destinies. The mind is where the imagination lives and what we imagine is what we create. If somebody takes control of your imagination (your mind) then they have control



of you, your perception and your destiny. Have we learnt to use the ability of our minds to properly think, imagine and create? Or is mental complacency our default?

Looking back at the story, we see the Owl who has a rep for being wise and fearsome (which creates reverence) taking control of the imagination (minds) of the other birds. Because of the reverence (authority) of the Owl, from the other birds, they do not question the tale told by the Owl and fall (lower and lose their mental ability) immediately into place. The Owl's tale includes the threat of death, which is always a sure thing to get submission in order for him to reduce their numbers. The birds that were left were so depressed (corrupted imagination) and only woke up (regained mental ability) when they couldn't bare their restricted lives (self inflicted from fear) anymore. All from the Owl's tale.

When you don't have control of your own imagination people will imagine things for you.

If you don't control your own mind, you can be sure somebody will control your mind instead of you.

If the birds, in the beginning used their minds to question the Owl, even a little bit, they may have found out sooner that the Owl's tale wasn't true and saved their lives.

We are the rightful governors of our minds and primary curators of our imagination. They're avenues to our dreams, but when hijacked, avenues to our nightmares.

We only have to open our eyes...

Article by **Fe Uhuru**

CASSEY'S WALK

Walking along the greenway near my home I have noticed quite a few welcomed sights and sounds from nature flowers, trees, birds and bees, distant tapping sounds from a Wood Pecker and a few squeaky, rustling noises coming from the shrubs and hedges, signalling everyday life is still carrying on amongst the small creatures. My walk embraces the Calder & Hebble canal intermittently along the way, changing the scenery from dense foliage, flora to now bulrushes stood up and weeping willows tickling the top of the glimmering canal water.

I see the odd Heron looking for dinner and for the first time saw an a beautiful yellow and grey bird doing an odd dancy type thing, waggling its bottom as it skipped from railing to log and to the side of the canal bank. I was in awe of this bird. I quickly Googled and found it to be a Wagtail. When getting back onto the greenway and accenting back up and over a disused railway tunnel I saw a flash of gold and red flying past me to my left and looked up into the tree a bird feeder had been hung and was being visited by an army of hungry Goldfinches, this too was a first for me. Out and about I have seen the number of Blue Tits grow and beautiful colours coming back and dotting our landscape like a Paul Signac painting. Isn't it great to get out!



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 online 'Zoom' workshops.

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 workshops are on the **first Monday of every month** 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!



Artwork by **Sue Bird**

www.facebook.com/suebirdcreations

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

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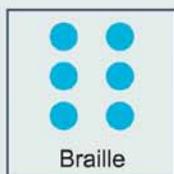
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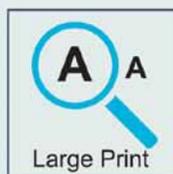
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