

Ways to Wellbeing



Online ideas and resources including:



Creative things to **Do and Learn**



Creative ways to **Stay Active**



Creative ways to **Take Notice**



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About Ways to Wellbeing

Did you know that research has proven that there are **five actions you can take to stay mentally well**, similar to the way five fruit and veg per day helps you stay physically fit? These five ways to mental wellbeing are simple and being creative is a fun way to do all of them. Why not have a go, connect with people safely, and discover new things? For example:

-  **Connect**
Take part in **Arts & Minds*** monthly online creative workshops
-  **Learn**
Take up a new pastime like singing
-  **Be Active**
Take part in an online dance group
-  **Take Notice**
Go on a 'virtual tour' of an exhibition
-  **Give**
Share your creative ideas with us of how you are coping

Source: www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing

The ideas listed in this pack highlight some ways you can **learn, be active, and take notice**, without leaving the comfort of your own home.

Please let us know if you come across anything else you would recommend, or share your creative ideas with us of how you are coping by emailing: info@artsandmindsnetwork.org.uk

The Culture Health and Wellbeing Alliance have collated the growing number of free resources for individuals, practitioners and organisations: www.culturehealthandwellbeing.org.uk/resources/coronavirus-resources-practitioners-and-organisations

Leeds Arts Health and Wellbeing Network (LAHWN) have also listed a range of resources: www.lahwn.co.uk/remote-arts-and-health

*It's free and easy to become an **Arts & Minds** member – just visit: www.artsandmindsnetwork.org.uk/join-us

Creative things to Do and Learn

1 Woolpack Music Studios Live Streaming

Have you ever wanted to join a choir or ukulele group? Well now is your chance to try it! Otley's **Woolpack Music Studios** are offering pay what you can sessions (or free to those who cannot afford to donate at this time) via Facebook and Zoom at the times they would normally hold classes.

Website: www.woolpackstudios.co.uk

2 #CreateToConnect

#CreateToConnect is packed with creative challenges to promote conversation, connection and creative activity in an extraordinary time of remote working and self isolation. A creative challenge is a playful prompt to inspire accessible creative action – for children, older people and everybody in between.

Website: www.dothinkshare.com/creative-inspiration/create-to-connect

3 Curious

Curious are looking for illustrators, artists, doodlers and story-tellers to document the high, the lows, the stresses and struggles, opinions and observations through visual creations. 'Life in Isolation' will be a LIVE public journal and online community which aims to bring people together in a positive way through words and art.

Facebook: www.facebook.com/groups/625625017984789

Instagram: www.instagram.com/lifeinisolation2020



Creative things to **Do and Learn**

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Chatterpack

Chatterpack is a great list of online resources that could keep you (and your kids) entertained forever! It's compiled by an NHS worker in a children's therapy Claire Ryan on a voluntary basis to help share information and resources to those who need it.

Website: www.chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home

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Artist Activity Packs

Stay inspired with activities from Antony Gormley, Grayson Perry, Gillian Wearing and many more available on **Firstsite**.

Website: www.firstsite.uk/download-artist-activity-pack

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The Art Doctors

Leeds based creatives, **The Art Doctors** are getting together digitally once a week to bring you general silliness and prescriptions for easy creative activities that you can try out at home. It's all about the fun and helping us all feel a little bit better, so have a go and don't worry about having to make something perfect.

The Art Doctors will be releasing a new video every Friday on their YouTube playlist.

YouTube: bit.ly/artdocs_lockdown_specials

Creative ways to **Stay Active**

7 **Dance Action Zone Leeds**

Dance Action Zone Leeds (DAZL) have some great home workouts you can do at home from the **DAZL** Dance Fitness Team. Each session is 20 minutes long and aimed at getting the whole family moving.

Facebook: www.facebook.com/danceactionzoneleeds

YouTube: www.youtube.com/watch?v=4eCSVMcCGQk

Vimeo: www.vimeo.com/danceactionzoneleeds

8 **The Southbank Centre**

The Southbank Centre have some great playlists to fill the silence or to accompany your lunchtime dance around the room. They've got mixtapes hand-picked by Joan As Police Woman, Marius Neset and Susheela Raman, to name but a few.

Spotify: <https://open.spotify.com/user/southbankcentre>

9 **Collective Encounters**

Liverpool based **Collective Encounters** have brought together a set of games and exercises for participatory theatre that might be useful on-line and in room with social distancing.

Website: www.collective-encounters.org.uk/centre-for-excellence/library/social-distancing



Creative ways to **Take Notice**

As galleries, museums, and theatres close for the time being, many of you may be missing your cultural fix. However many of these places are live streaming their shows, or doing virtual tours of exhibitions. Here is a selection:

PERFORMANCE

10 **Arts Together**

Arts Together (Leeds Arts organisations and community groups) are using their website and social media accounts to promote arts based things that people can access at home. They have a new event type on their website, called "Enjoy at home!".

Website: www.artstogetherleeds.co.uk

11 **Leeds Inspired**

Leeds Inspired are listing on-line events.

Website: www.leedsinspired.co.uk/collection/online-events-leeds

12 **Opera North**

A range of live streamed shows that you can access for free and watch online from **Opera North**.

Website: www.operanorth.co.uk/watch-online



Creative ways to **Take Notice**

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Mikron

Mikron company (based in Marsden, Yorkshire) are featuring their first ever livestream "All Hands On Deck", packed with songs and laughs.

Website: www.mikron.org.uk/about/live-stream?mc_cid=6ed00fa592&mc_eid=8582327576

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BBC Culture in Quarantine

The **BBC** has a 'Culture in Quarantine' project, to ensure that the public has remote access to the arts during this period of social distancing.

Website: www.bbc.co.uk/blogs/aboutthebbc/entries/9b107488-0154-4435-a9a1-81bd16224086

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The National Theatre

The National Theatre will be streaming some of its previous productions for free, on its YouTube channel, every Thursday evening from 2nd April. Each will be available for a week until the following production replaces it.

Website: www.nationaltheatre.org.uk/at-home

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Shakespeare's Globe Theatre

Shakespeare's Globe Theatre offers a free play a week.

Website: www.shakespearesglobe.com

Creative ways to **Take Notice**

17 **The Royal Opera House**

The Royal Opera House have created a schedule of free broadcasts and live content that you can access anywhere, anytime, bringing both ballet and opera to every home and every device.

YouTube: www.youtube.com/user/RoyalOperaHouse?mc_cid=603cb99539&mc_eid=2e044124b0

VISUAL ARTS

18 **Leeds Museums & Galleries**

Experience **Leeds Museums & Galleries** from home with online exhibitions, virtual visits and a range of online and downloadable activities for kids.

Website: www.museumsandgalleries.leeds.gov.uk/virtual-visit

19 **British Museum**

Whether it's a virtual visit or a Curator's corner, there are plenty of ways to keep exploring the **British Museum** while they are closed.

Website: https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/?mc_cid=4409bd6607&mc_eid=2e044124b0



Creative ways to **Take Notice**

LISTEN ALONG

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Southbank Centre

Southbank Centre have an amazing podcast series features conversations with great writers, comedians, thinkers and musicians. You could hear from women writers like Roxane Gay, spend an evening with Roger Daltrey, or mull mental health and creativity with Matt Haig and Jordan Stephens.

Soundcloud: https://soundcloud.com/southbankcentre_book_podcast?utm_source=wordfly&utm_medium=email&utm_campaign=CultureFix06%2F06%2F20T2alt&utm_content=version_A

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Live Music Now at Home Video Library

Prior to the Covid-19 lockdown **Live Music Now** musicians reached people in over 250 residential care homes each year. To continue to support and connect with people living in care and their carers, Live Music Now has created the **Live Music Now at Home Video Library**, a free online resource of pre-recorded live music videos.

The concerts feature some of the most talented early career musicians in the UK in a range of genres; folk, jazz, popular, western classical and traditional, and include familiar songs and tunes, as well as new musical discoveries. Join in with singing and percussion, or to just sit back, listen and enjoy.

Website: www.livemusicnow.org.uk/lmnathomecare



Creative ways to **Take Notice**

LISTEN ALONG

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Radio 4

Radio 4 has a huge back catalogue of Desert Island Discs available every day. You can listen to famous people, such as Ed Sheeran, Judi Dench and Michael Bubl , choose eight songs, a book and a luxury item to take with them if they were cast away to a desert island. You could even do your own version at home with your family and friends.

Website: www.bbc.co.uk/programmes/b006qnmr

Disclaimer and Information about Third Party Websites

All links in **Ways to Wellbeing** have been checked and were correct at the time of publication but may since have changed.

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Arts & Minds bears no responsibility for the accuracy, legality or content of the external sites or for that of subsequent links.

Please contact the external sites for answers to questions regarding their contents.



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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Twitter: [@artsmindsleeds](https://twitter.com/artsmindsleeds)