



**** TRIGGER WARNING **** Some of the articles in this edition are about grief and bereavement and may be triggering for readers

Arts & Minds Newsletter

Autumn 2020

www.artsandmindsnetwork.org.uk

Projecting Grief

Hayley Mills-Styles examines the Projecting Grief project, curated by Jo Ritchie and Faye Dawson, helping people to share their stories of grief and creativity (page 10)



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A WORD FROM THE EDITOR

Welcome to the autumn edition of the Arts & Minds newsletter! As well as looking at what Arts & Minds have been doing since the last edition this issue also focuses on the important subject of grief and bereavement and how creativity can be found through loss.

These themes may be a trigger for some people so if you feel uncomfortable with anything you read then please stop. If you need emotional support following a bereavement (no matter how long ago) organisations such as Cruse Bereavement Care offer help. They have a Leeds office that you can email: leeds@cruse.org.uk and more information can be found on their website: www.cruse.org.uk

If you need to speak to someone urgently about a bereavement then you can call the Cruse National helpline on: **0808 808 1677**

Leeds Bereavement Forum also signposts individuals to the most appropriate services locally and nationally: www.lbforum.org.uk

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.

LYPFT MUSIC PROJECT

The LYPFT Rehabilitation and Recovery service with our partners Leeds Mind, Community Links, and Touchstone work collaboratively with our service users to help people access a range of community based activities as part of their mental health recovery journey. We pride ourselves on working together to foster hope and change through adversity, underpinned by a strong community spirit. The people accessing our service usually spend a lot of time out in the community, preparing for discharge. No wonder the Covid-19 lockdown has challenged us all in multiple ways.

Our operational manager, Nigel Whelan, realised 'if we cannot support people by getting out there during the pandemic, we need to think creatively to safely bring the community here, on site with all the social distancing and



PPE guidance that comes with it. If we can't get to the music we will bring the music here'. Working in partnership with Arts & Minds and Cloth Cat Leeds - 'Fun Friday' was born. With sessions running over July staff and service users have come together in the car park, danced and sung along to some fantastic Leeds Musicians (Sian Ashby, Danny Charles, David Jameson, Joe Kemp and Tessa Smith) equally keen to be out playing again to our crowd. Gail Harrison, Clinical Psychologist expresses her thanks noting:

"Nothing lifts the spirits like coming together as human beings through music, dancing, and singing. For this hour, seeing smiling faces, tapping feet and a few hand jives, it creates calm sense of hope and optimism during these challenging times."

Feedback from service users included:

"Not only does the music brighten up my day, they always bring the sun out! Really love dancing to the music as it's great exercise."

"It was a wonderful day and the lady was a wonderful singer."



Following on from the success of this project, further performances have taken place in the courtyards and gardens of The Becklin Centre, The Mount, and The Newsam Centre where similar transformative moments have taken place.

CLICKING BRILLIANT

Having re-ignited my passion for photography with a new SLR (single lens reflex) camera, I'm now a 'happy snapper'. Thirty years ago (I started from my pram!) I built my own darkroom and spent most of my 'spare' time in there, I even had my kettle at the ready to brew some chicken Bovril to keep me going. Some nights I even slept in there. But situations change and so for the last few years I've used a Canon Sureshot camera, which has served me well. The thing I really love and adds to my interest of mindfulness is that, when the shutter clicks that precise moment is captured and will never return, whether it's a leaf being swayed as the wind blows it, the cloud formation above or the first steps of a toddler.

Whether you have a £1000 digital SLR, a point and shoot digital camera or use your mobile phone, all can produce brilliant images. When we think of an image, we think of a photo or landscape on a screen. We forget that tiny holes are enough to allow a projection of any given scene. Glass isn't even needed.

In fact the first projected image was through a Camera Obscura. It is a literal translation from Latin, meaning Dark Room. The principle was first recorded by Mozi, a Chinese philosopher, between 470 to 391 BCE. This was a dark box with a tiny hole that let in light. The light replicated the outside scene on a screen or wall opposite

the hole. One of the interesting Camera Obscura facts is that the reflected image was upside down. This is the idea behind the pinhole camera. The first known description of pinhole photography is found in the 1856 book *The Stereoscope* by Scottish inventor David Brewster, including the description of the idea as “a camera without lenses, and with only a pin-hole”. Sir William Crookes and William de Wiveleslie Abney were other early photographers to try the pinhole technique.

Another interesting photography fact is that you can develop your negatives in coffee. You might not believe it, but Caffanol is a real thing. Use coffee, vitamin C, and washing soda to develop your black and white negatives. The first two ingredients bind together to form a developer. The washing soda adds alkalinity to the solution, allowing you to develop images.

Whatever the type of camera you choose to use, it's the composition of the image that's important, an eye for detail or an unusual or quirky slant, can bring two completely different images of the same scene. My view is that photography should be personal and enjoyed, should you wish to go on courses to improve your knowledge and broaden your photographic horizons then go for it, but never lose the basic passion that brought you in to the world of photography.

And finally on the right are two of my favourite images that I have taken recently. I have also created my own blog to share photographs and reviews of all things 'arty', the site is called: www.theartfulrambler.com

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



PROJECTING GRIEF

USING CREATIVITY TO HELP HEAL

CURATED BY JO RITCHIE AND FAYE DAWSON

“My brother took his own life in November 2017. Real grief was not something I had really had to face until that point, and for a long time it was completely overwhelming.”

Jo Ritchie is a photographer. When she lost her brother, she started to search for others in similar situations feeling the need to connect. She was fascinated – and uplifted – to discover how many people channel their grief through creativity.

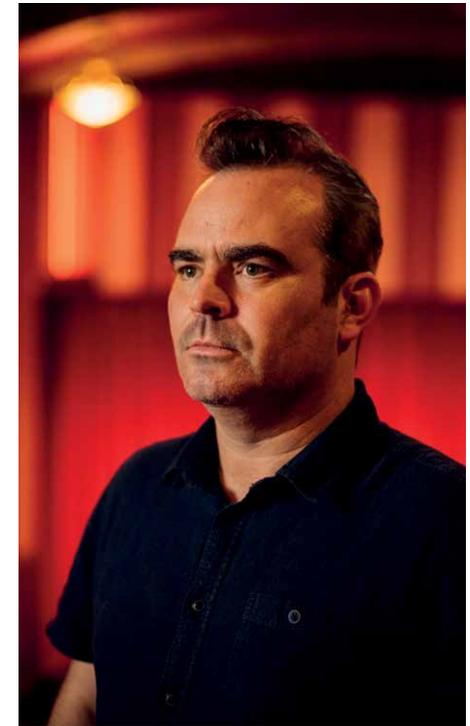
“Sometimes the last thing I wanted to do was pick up my camera and attempt to be creative, so I was intrigued to meet people whose grief was the catalyst of a creation.”

In 2019 Jo began searching for those that had used a creative skill as a distraction, a relief or an expression and taking their portraits.

She has met comedians, actors, crafters, writers, and cooks.

“I am honoured to have met these people and been allowed to take their portraits. It’s interesting that what started as a need to connect has now gone full circle and Projecting Grief has become my creative outlet.”

Jo felt that the portraits required context so decided to team up with a writer to bring the stories and images together.



She teamed up with Faye Dawson, a Communications Consultant whose own grief had taken her down another path.

Faye had two miscarriages in the space of nine months and says she did not understand her grief.

“I thought ‘how can you grieve for someone you never met / never knew?’ There were people suffering far worse than me; I shouldn’t have left it too late to try; it was my fault.”

She decided to not try again.

“I could have continued trying, I was offered support, but I chose not to and fundamentally I am ok with my decision.”



But it left her thinking about not continuing her family's genes. Faye is a stepparent and a stepchild – both of which are positive relationships. Was a genetic connection so important? Is it not about whose lives you have touched? Your influence, who you have been as a human?

The pieces were very well received, and she wanted to do more believing it would be her 'something to leave behind'.

"I decided to set up as a freelancer with the idea of giving myself more time to write and in 2017 I set up my own Communications Consultancy. I haven't touched my writings since!"

"But what that decision / life change has led me to do is connect with some amazing people that I probably would never have met. Jo is one of them and I'm delighted to be working with her on Projecting Grief."



Together Jo and Faye are looking for anyone who wants to share their story around grief and creativity, specifically people who created something as a result of their loss. They believe this project to be not only beneficial to those who have lost – but also to the arts as an industry and an entity because 'creativity touches all our lives'.

"Grief has no prejudice," Jo concludes. "We want a wide range of voices. Any creative process is valid – from cooking to sewing, dance to pottery, music to writing; anything that has / is helping you deal with the grieving process that you're happy to talk about."

If you want to take part in the project email: projectinggrief@gmail.com

To see the story so far visit: www.projectinggrief.com

To see more of Jo's photography visit: www.joritchiephoto.com

To read Faye's story visit: www.fayedawsonpr.com/fayesbook

Article by **Hayley Mills-Styles**

LEEDS RECOVERY COLLEGE

Leeds Recovery College launched in September 2019, and was on track to deliver nearly 40 term-time courses over the academic year. Unfortunately, like all other colleges, due to Covid-19, they had to suspend their current course timetable on government advice.

However, recognising there was a need to continue delivering courses, Wellness Recovery Action Planning® (WRAP) part 1 was adapted to be delivered via Zoom as a pilot, to see how effectively this course could be delivered online, and it proved a huge success. WRAP was chosen to pilot, as it is a structured course that helps individuals to consider what is important for their health and wellbeing, and develop practical strategies for regaining and sustaining wellness in life.

It was developed in 1997 by a group of people in the USA, particularly Mary Ellen Copeland who had personal experience of mental health, to help manage some of the mental health experiences that the group shared. WRAP is now used worldwide by people who are dealing with all kinds of health and life challenges, and is one of Leeds Recovery College's most popular courses.

Leeds Recovery College is looking forward to launching their second-year prospectus in 2021, and re-introducing physical face-to-face courses in the new year. In the meantime, they have adapted some of their courses



that were felt to be especially apt during this unfamiliar time, to bridge the gap between the academic year of September through to December, which anyone can take part in, at home via Zoom.

In addition to WRAP, they offer a range of courses that focus on developing the knowledge and strength to overcome life's challenges and live mentally and physically well. What makes them different to other colleges is that, people with lived experience of mental health challenges and recovery have helped to co-design and co-deliver these courses in partnership with health professionals, education providers and trainers.

By working together, participants get the best of both worlds – the breadth of professional expertise and the depth of understanding. This ensures that all courses are



in abundance of useful and relevant information, which they hope will help students to learn more about mental health, as well as an opportunity to discover and develop ways to live better.

All courses are typically free to attend and open to all adults who, live, work or study in Leeds and will enable students to learn more about mental health, work out what keeps them well and find ways to enjoy life more. They are available to anyone wanting to learn more about their own health and wellbeing – diagnosis or not, as well as for carers, family, friends and health care professionals who want to improve their knowledge and to better support someone else.

You can view their full range of physical courses on their website and when it is safe to do so, they'll be introducing new face-to-face course dates.

In the meantime, their online and distance learning course time table is available from:

www.leedsrecoverycollege.com

Email: leedsrecoverycollege.lypft@nhs.net

Phone: 0113 588 5127

Article by **Ruth De Lissandri**

*** Please note:** From September to December 2020, all courses will be delivered using an online digital classroom and most also include a 'live' closed group session group video call – a safe place to be involved as much or as little as students feel comfortable with. The digital classroom is a closed online space, which provides access to a selection of course resources including; pre-recorded videos, workshop handouts and activities which students can work through at their own pace.

**** All online course resources and 'live' sessions can be accessed via a smartphone, tablet or computer. Students will need to have a Google account and access to the video conferencing platform 'Zoom'. For further details please request the Recovery College's, 'how to guide' when enrolling on a course, and they can also provide you with details of organisations that support digital accessibility.**

THE GRIEF SERIES

HAYLEY MILLS-STYLES TALKS TO ELLIE HARRISON

Can you tell me how The Grief Series came about?

The Grief Series started because I made a show about having lost several members of my family when I was young. Despite the subject matter, the piece was quite playful and irreverent. I toured it internationally and people started coming up to me in the bar after the show to tell me their stories of grief. It was happening so consistently that the space after the show became just as important as the show itself. I realised we needed social, creative spaces to express loss and so I decided to make a series of seven projects that amplified people's stories and experiences around grief. And so, The Grief Series was born in 2010.

How do you tackle such a difficult subject matter?

A mountaineer I met said 'The art of adventure is travelling safely in dangerous places' which is a mantra I have kept close for working on The Grief Series. You don't just ask someone to jump off a mountain and hope that the bungee cord you've provided is secure. You train, you consider, you test in a safe environment, you make sure you have the right tools to hand. Care is absolutely at the centre of everything I do. So, when talking about death what is the equivalent of a safety helmet and harness? There isn't one answer and the process of participant care is bespoke to each project. In order to genuinely care for an audience, it isn't enough to say it, it has to be woven into the fabric of the piece. With a subject as emotive and difficult as death



and bereavement you can't just launch straight in, you have to first remove factors that cause anxiety and establish trust. The environment is key to foster comfort and trust.

Can you tell me about some of the projects you have worked on as part of the Grief Series?

I'm always looking to create spaces that are visually beautiful and interesting to attract people. I'm drawn to the everyday things that trigger memory or engagement. To places that feel in some way familiar. A hotel. A funfair. A caravan that evokes childhood holidays. I want to create a welcoming environment and consider not just what an audience see but what they smell taste and touch. Interior designer Ilse Crawford said that 'Empathy is the cornerstone of design' and each element of the worlds I create is scrutinised for its textural impact, its functionality and how it makes the user feel.

So far team grief have...

Dressed as elephants in Hotels (Part 2 The Reservation).

Created a nationally touring photography exhibition for empty houses in collaboration with fifty members of the public from 7 to 75 years old (Part 3 What is Left?).

Built an angry Funfair called The Unfair for town squares, promenades and public spaces. (Part 4 The Unfair).

Collaborated with Imams, Rabbi's and Humanist Celebrants (Part 5 The Crossing).

Created an installation for our 'Little Caravan of grief' that toured round the UK and to Hamburg Germany for Part 6 Journey With Absent Friends.

Collaborated with artists from Mexico City as we work towards Part 7, All That Lives which will be a 9 day 'Leeds does Day of The Dead' event and wake to The Grief Series in 2023.

Eaten a lot of Jammy Dodgers and drunk nearly 100 litres of port in the process.

Do you have any project highlights?

There are so many highlights and being able to work in Romania, Hamburg, Prague, Paris, and Mexico City have been incredible but perhaps I'll tell you about Peter and the teapot.

Peter came to see part one of The Grief Series, the solo show of, Etiquette of Grief. He mentioned when he booked his ticket that his wife was terminally ill. We met briefly before the show and chatted. He saw the show and his interaction felt deeply personal. There were people in the audience who were terminally ill or were caring for the



terminally ill. Everyone stayed for the after-show talk. Several people cried. Many said thank you like they really meant it.

A week later Peter sent me a long letter telling me about how his wife had died in the early hours, the same night he'd seen Etiquette of Grief. He said he felt that his wife had sensed his relief at being able to talk and share his feelings with me and other audience members, and this allowed her to go peacefully. I sent him a card and some tea. He sent me a teapot. Made in the 1950's by his late wife. They had buried the rest of her ceramics with her but he wanted me to have it to say thank you. The teapot is one of the most precious things I own.

Where can we find out more about the project?

The best place is the website www.griefseries.co.uk but we are also on Twitter, Facebook and Instagram.

Article by **Hayley Mills-Styles**

KINDNESS WRITING WORKSHOPS

A LOOK BACK AT THE RECENT SERIES OF KINDNESS WRITING WORKSHOPS WITH ANDY CRAVEN-GRIFFITH

The beauty of these workshops was that they were for absolutely anyone, from seasoned poets to those that even shy away from writing a shopping list.

Spanning over a period of six weeks, this hour was a safe space to touch on elements of the science of kindness, actively practicing mood-boosting techniques through the gratitude theory, and exploring the little things in the power of detail.

Counting our blessings is the simplest mood booster, as well as, delving into emotional connection, and how contagious emotions can be – spreading from person to person. Exercises allowed the exploration of intertwining the art of kindness through evocative words, showing not telling and allowing empathy, humanity and consideration to shine through.

As a published poet and performer, Andy was able to share what he has learnt in twenty years of writing and thirteen of running workshops for more than 45,000 people. Each workshop was relaxed yet structured in that, all exercises and creative writing tips were demonstrated on the screen along with eloquent verbal explanations, and opportunities to share were abundant and without



pressure. Constructive feedback and encouraging support enabled even the shyest of individuals to contribute using poignant narrative, and utilising simile and metaphor through the power of perspective.

Participants were invited to contribute to a sharing event that brought together individuals from three Kindness Writing groups – two Arts and Minds groups and one Arts Together group. This was a ‘coming together’ and celebration of beautiful pieces of poetry that had evolved over the period of six weeks. A truly humbling and insightful evening into the instinctive kindness of human nature, and some poems of which, we would like to share with you.

In relation to the workshops, Andy shared: *“I’d just like to say how gratifying it was for participants to be so mutually encouraging, to take risks and try things that were new,*

and for them to pay off with some brilliant, emotionally arresting and hugely varied writing. I've missed our weekly workshops since they ended."

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 was touring before the Coronavirus pandemic took hold, and endeavours to continue once safety guidance allows.

Article by **Ruth De Lissandri**

*One of the poems created in the Kindness Writing Workshops is **Unmute** by **Vic Leeson**:*

Unmute

Sensation of shiver over shared tales of others
 The baccy-based halitosis of the beer puller
 Smell of urine blocks and tobacco smog
 The welcome blunt force of a body-heat fug
 Coffee lovingly held, gently dripped by another
 The pleasure of a positive to the "Parmesan?" offer
 Crowded sports stadiums and the hypnotic swell of a crowd
 The innocent shrieks and laughter of a children's playground
 Dripping swimsuit emitting chlorinated odour

The breast-leavened harrumph of nearby waiting shopper
 Apologetic side-step of an accidental human bump
 And the chitter-chatter of a café's hum
 Walk-by inhalation courtesy of the nicotine addicts
 Petrol-ridden odour of sitting in traffic
 Fingertip-graze of coins given in change
 Collective ceiling-sweat drip of a crowded gig
 Reassuring arm-squeeze in a moment of distress
 The chink of a beer-swilled, spittle-filled glass
 Olfactory intrusion of another's broken wind
 Taste of the toxic, late-night kebab, heroically binned
 Hand-gestured thank you from a fellow driver
 Head-back-laughter detailing the dentistry inside them
 Brush of an eyelash from a flushing cheek
 Leaning in so close so I feel your speech
 Things I never knew I needed
 Yet, I would sacrifice to have you
 Hold me more than once, twice
 Remembering with tenderness, hugs
 Your hugs, I miss.

TO MY CHILDREN

We all have to encounter and deal with bereavement at some stage in our life and it is dealt with in so many different ways, there isn't a right or wrong way.

I certainly have had to experience various emotions connected with the passing of my own family members, friends and even my dear pets over the years and some very recently.

The poem / words written below relate to my beloved friend who I lost in August 2017.

My friend endured and struggled with a lifetime of alcoholism from the very young age of 16 following a traumatic event.

When I heard of my friend's death I was heartbroken; for her but also for her four daughters and son.

The words for the poem came to me thick and fast in the middle of one night, waking me from my sleep. A few days later we had interred her ashes into the grounds of a beautiful little parish church in Cornwall.

Note - I wrote these words in the way I felt my friend would be saying to her children from where she is now.

Article by **Cassy Burton**

To My Children

I see you, but you cannot see me.

I hear and feel you, but you cannot hear or feel me.

You cry for me and I cry lots for you.

I wish I could send a whisper on the wind or a warm gentle breeze to brush upon your face, cheek or lips so you could feel me here.

You are above me stood there but unaware that I am with you.

I try but cannot push past through a wall of thick veil, that tightly encases and embraces me.

I want to reach out and touch, hold and protect you from all the anxiety, confusion and sadness which has beholden you.

I never got the time to tell you the things which I really wanted you to hear.

I loved and cherished you dearly with all my heart and more.

I can hear you speak of your misgivings, hopes but mostly fears, and you speaking of all the things we never accomplished and all the plans we could have made together, I am so sorry.

The dreams of future adventures are now gone and lost under the shadow of hurt and grief.

My time on this earth ran out.

I went away too soon and I was too young. I never really ever understood why my fate and life-journey was written out for me to be lived by me, the way it was.

One day we will be together again, we will laugh, chat, hug and do all the things we never got to do.

I love you all.

BEREAVEMENT

When we hear the word bereavement, most people think of a physical loss. Like the loss of a spouse, a family member, friend or even an animal companion. This is the main type of bereavement, but there are others.

The thesaurus associates words like sorrow, affliction, distress, misfortune and tribulation with bereavement and the dictionary has a few definitions, one of them being: Deprivation or loss by force. It's the loss by force that resonates as this is what we've been going through since around mid-March.

When something fundamental to us is taken away by force, the loss of it causes actual bereavement. We don't realise it is bereavement because nobody has actually died, but something feels like it has died. There is an overwhelming feeling of sadness and loss when people lose by force their jobs, careers, businesses – the freedom of movement and other significant aspects of their lives.

Going on my weekly apocalyptic food shop, sitting on the bus – travelling through the residential suburbs and looking out of the window at, well nobody. Seeing empty gardens, abandoned barbecues, closed children's park-play areas, lonely garden fences (nobody chatting over them), empty benches and with a general feeling of emptiness and absence. I would feel deeply sad and quite emotional. It felt like I was experiencing the funeral of humanity. R.I.P. mankind. I hugged my toilet rolls for comfort.

Right now, most of the world is suffering bereavement in some way or another but amongst all of the loss, I have seen some great gains. People reaching out to help others for one. As with a physical death, change has to occur. Nothing brings you right into the present NOW moment like a death or a loss. When you finally come out of the mourning period things are never the same.

The forced loss is a forced change. Most people don't like change, never mind a forced one. When we lose something, even by force, it creates a space for something else. What could that something else be? Well, anything you want it to be. It is your space.

This is a time where we have to be kind to each other and kind to ourselves. Kind to ourselves as we got through our own personal bereavements, and kind to others in case they are going through theirs. This type of bereavement sneaks up on you like a street charity seller. You can see them coming, you try to ignore them, you try to avoid them, but they catch you anyway.

Bereavement should never be avoided. Especially as you can't avoid it. So, when the street charity seller asks you *"Can I have a couple of minutes of your time?"* you say *"You can have all the time you need!"*. **Disclaimer:** This is a metaphor! I don't want to be responsible for people getting trapped in lengthy conversations with street charity sellers!

Take the time to feel whatever you are feeling, because there is no right or wrong way to feel and that is the deal.

Article by **Fe**

SWAN SONG

When we are born and take our first breath, the only one certainty we have is that we are going to die. However we live our life for however many years, whether we lead a good and positive life or not at the end of the day we will all take our final breath. As a coward I hope I have a few whiskies and die peacefully in my sleep. I have so much admiration for people who have a terminal illness but continue to keep upbeat in the most trying moments in their final days. Until we are faced with that situation none of us can say how we would react and there is no right or wrong way to accept / the finish our lives, anger, resentful, reality, acceptance, sadness and fear, all can be present.

How can you leave a positive message when you know you have little time left? This is where Ben 'buddy' Slack makes and creates something very special with 'The Swan Song Project'. I was fortunate to review Ben's albums he had released with 'The Dead Blind McJones Band' a musical journey which shook up the local and national music scene in the last decade with their unique and entertaining style, their 'live' performances are still remembered with fondness and admiration.

In recent years Ben has pursued a unique and admirable path to help terminal ill people to leave something special for their friends and relatives to enable them to have a lasting memory of their loved ones. Ben's caring and respectful persona makes people feel at ease and inspired to create a lasting legacy. Ben created The Swan Song Project.

The charity was founded in 2017 after Ben had lost his music-loving grandma and was saddened that he had never recorded her singing. The Swan Song Project has since supported more than 60 people to express themselves through song. The song writing process helps individuals explore the emotions often leading to an acceptance of their situations, reflections of their lives and relationships and a great sense of pride in creating a unique song that can live on for years to come.

At the start of lockdown, Ben and the charity had to halt their sessions, but have recently been able to offer it service virtually. The project offers full support through the song writing and recording process and uses various musicians to help people create the song they want as they deal with facing the end of life. At present the charity works with three hospices in Leeds and Bradford.

The Swan Song Project has and is producing podcasts featuring songwriters talking about their processes and experiences of bereavement. The podcasts can be viewed on YouTube or the Swan Song Project's Facebook Page. For more information regarding the charity please visit: www.swansongproject.co.uk

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



WHAT'S ON...

RECOVERY COLLEGE

The Leeds Recovery College has temporarily gone online, and is running a range of free courses from **September to December 2020**.

They have adapted some of their favourite courses to online and distance learning, including;

- Wellness Recovery Action Planning®
- Change, uncertainty and personal resilience
- Mental health, stress and the 'new normal'
- Mindfulness
- Managing anxiety and coping with panic

They have also introduced some brand new workshops including; **Creativity, Recovery and You** in which five local artists from the Arts and Minds network have been working with the Recovery College to develop one-off creativity sessions that people can take part in at home. There is also a new six week course **Words that move me** which explores how the written word can inspire resilience, hope and recovery. Their courses are free to attend and you do not need a referral to join a workshop. Courses are open to any adults who live, work or study in Leeds and would like to learn more about mental wellbeing (this includes staff and carers).

For more information please call **0113 855 5127** or email: leedsrecoverycollege.lypft@nhs.net

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.

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.

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. We look forward to joining you soon on Zoom!

ARTS & MINDS

CONNECT

CREATE



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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phone: **0113 262 3128**

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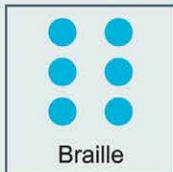
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