



BURLEY BEACH



Arts & Minds Newsletter

Summer 2021

www.artsandmindsnetwork.org.uk

Colour Garden

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A WORD FROM THE EDITOR

Welcome to the summer edition of the Arts & Minds newsletter. The sun is finally shining and summer is officially here so we thought we would bring you a bit of colour in this edition to brighten up your day.

I would like to take the opportunity to say a huge thank you to the fantastic newsletter team who have been busy researching and writing articles throughout what has been a very difficult last year or so. Without them there would be no Arts & Minds newsletter and their continued hard work is very much appreciated.

We are hoping to be able to start meeting up in the real world sometime soon and get back to doing some of the events and projects that we used to do before lockdown. At the same time, we would also like to reassure all the members that we have been engaging with online over the last 15 months that we will continue with elements of our online work such as the weekly Make Space group (see the What's On section for details) as we understand how important it is to continue with this way of connecting with members.

As always I am looking for ways for us all to stay connected and for creative outlets that members can engage with. 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.

BITESIZE WORKSHOP: DIY SEQUIN ART

In this edition, artist Katie Hill shows Arts & Minds members how to make recycled plastic sequin art



Image: recycled sequin art created by Sandy Holden during the June Connect & Create session led by Katie Hill

WHAT YOU WILL NEED:

Waste Plastic such as Food Packaging

A variety of colours is good, can be small pieces. Try to find a range of waste plastic, anything that you can cut with scissors should work.

Sewing Needles

The needles need to be strong enough to get through the plastic you are using.

Thread or Yarn

A selection of sewing and embroidery threads and yarn.

A Piece of Fabric

A piece of linen from some worn out trousers works well or just use whatever you happen to have.

Scissors

PLUS OPTIONAL IF YOU HAVE THEM:

Nail Varnish or Marker Pens

You can use nail varnish or marker pens to colour your plastic sequins. Permanent marker pens such as sharpies work on plastic.

Embroidery Hoop

An embroidery hoop helps to keep your material stretched tight and makes it easier to sew on your sequins.

Cutting Mat

You may need a cutting mat or a piece of thick cardboard to protect your table when you pierce holes in the plastic with a needle.

INSTRUCTIONS:

If you are using an embroidery hoop get that ready by stretching your fabric over it. To make your sequins simply cut out different shapes from your selection of recycled plastic. Your sequins can be any shape (you might want to start with some simple shapes such as circles, teardrops and triangles).

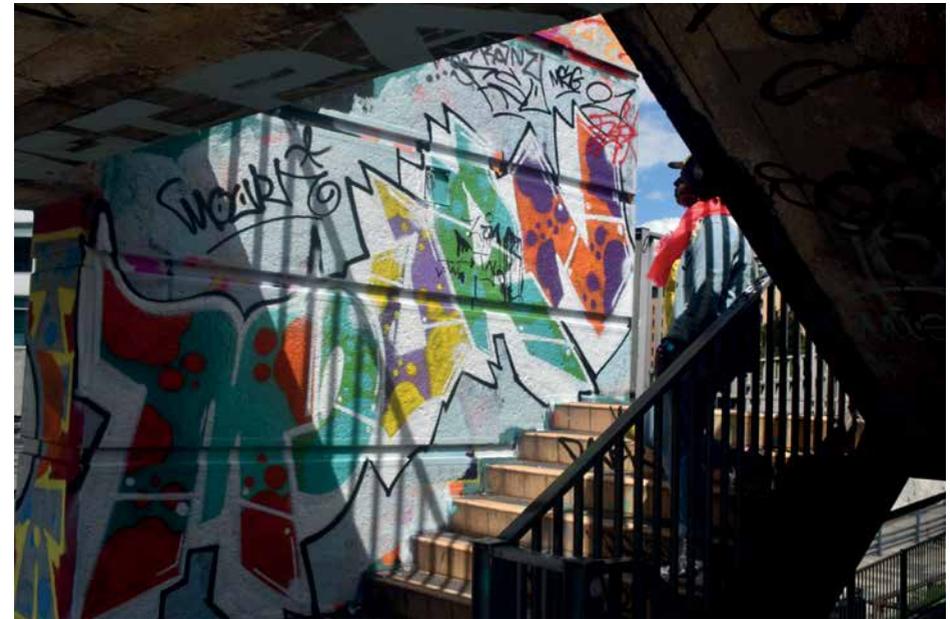
Once you have your shapes cut out, arrange them into a design and sew them on to your fabric. Depending on the thickness of the plastic you are using you may need to push your needle through with some thick card behind your plastic to help you make a hole.



STREET ART: THE PEOPLE'S GALLERY

I'm very passionate and a keen champion of street art and the artists that create it. I don't feel street art and street artists get the recognition and respect they deserve. I hope to help change this and wanted to write about the benefits of street art on mental health, especially during present times.

At first glance, some people might think there's not much to graffiti art. To appreciate it properly and to get the most enjoyment out of it, it's worth doing a bit of research on how it's created. Graffiti art starts as a tag and develops into the graffiti we are all familiar with. The process is quite intense, as it requires a lot of deep personal creativity and a tag or graffiti art is never done. It's an ongoing process. It keeps developing and developing. Although there are rules



to making a tag and graffiti, it is a very free and freeing process which allows and requires the artist to literally create absolutely anything. I've had a go at creating my own tag and I can absolutely testify to the process being super creative and enlightening.

Graffiti art is usually bright and bold, so it always looks striking on a wall and the colours will instantly cheer you up, even if you don't know what's going on in the art piece. The designs stand out and you can't help but look at them. It's great when you are mindlessly walking, as we do through the concrete-ness of the city, with not much to look at and then BOOM! There's a new piece of artwork for you to view and to take a pause at and just explore the piece. It literally feels like my own personal art gallery when I come across the art, as there is now more of an abundance of it.



The pieces tend to change every few weeks, which means it never gets boring. Graffiti artists can get a piece of work up on a wall in just a couple of hours which makes turnover very fast. There is always a sense of energy around graffiti art with the constant painting over of artwork. It's a little sad when you really like a piece and then in two weeks it's painted over and by sometimes a less impressive piece, but this type of non-ownership the artists seem to have is very refreshing. It's a truly wonderful way to experience art, especially in comparison to the traditional way of how we have to engage with art in a public gallery.

Most things outdoors are good for you. You're out in the fresh air, you have less boundaries. People interact more readily outdoors. Street art is a great catalyst for conversation, appreciation, inspiration and more. On one such day out in Leeds, having lots of fun taking photos of graffiti art, it was time for some refreshments. On the way to the chippy, I spot somebody across the road painting a mural on a wall. This is kismet!



I can't get across the road quick enough. I think the artist sensed my excitement as before I could even ask anything, he turned his head towards me to smile, as if to say "Ah, there you are!" We went up to see the mural. It wasn't finished, but it was already having a positive effect on the space and people. The artist's name is Edwin and he's originally from Australia (my spiritual home!) and he lives in London. It turns out his great-grandmother is from Leeds! Which makes the fact he's doing a mural in Leeds extra special. A full circle experience!

The mural is on the side wall of the Henderson's Cafe on Burley Road. Gavin is the recent new owner of the cafe. Whilst clearing old bushes, trees and brambles from the side of the building, it became exposed and he immediately saw it as a canvas. Gavin is a believer in how street art can help

with people's mental health and he wanted to do something for the community and give something back, so he decided on getting a mural done and found Edwin to do it.

The beach setting is magical and the colours Edwin has mixed for the mural are just so vivid. I feel like I could just dive into it. I asked Edwin, where is this place, and he told me it's been in his head for years. He wanted to paint something that people can just enjoy and relax next to. He didn't want to do anything with a message or political. Just a painting to create a happy atmosphere.

He has certainly achieved that! It is so potent, I feel like I'm actually on my jollies. The blue is my favourite colour in the mural. It wasn't even finished and it was already working its



magic! This situation proves my point that street art helps mental health. We met some new people, had a laugh, learnt some stuff and the community now has a wonderful piece of art to look at.

Street art is the future and right now it's doing a pretty good job of being the present. It's time to embrace this type of art and the artists who create it. Having all of this street art has been an absolute Godsend for me and I'm sure for other people. Through these lockdowns, art has been such a major asset to all kinds of people. I feel we don't have to argue the point quite so much anymore about the value of art in our lives and how vital it is to our wellbeing.

Article by **Fe**

MAKING A CHOCOLATE BOTTLE OF 'MILK'

MAKE YOUR OWN BESPOKE CONFECTIONERY

INGREDIENTS

- 400g of White Chocolate
- Sweets of your choice to fill the bottle
(Make sure they can fit through the neck of the bottle!)



INSTRUCTIONS

Start with a polycarbonate bottle of milk. The ingredients listed are for a one-pint bottle, if you want to use a bigger bottle you will need to increase the amount of chocolate.

Carefully remove the label from the milk bottle and the screw top and keep for later use. Wash the bottle with warm water, to remove all traces of milk and leave to dry.

First break up the chocolate in to small pieces and place in a bowl or jug and place in the microwave or oven until its completely melted. Make sure that the bowl you use is microwaveable.



Microwave the chocolate in short bursts to avoid burning and stir after each burst of heat, making sure that there are no lumps left and the chocolate is smooth.



Once melted, pour the chocolate in to the empty milk container making sure that the melted chocolate is covering all of the inside equally. It is important that you screw the lid back onto the bottle and rotate it to distribute the chocolate equally.



It is now time to harden the chocolate, the quicker you can do this the better. To initiate the process, you should fill a bowl with cold water and slowly rotate your chocolate filled milk bottle in the water, making sure that it is always submerged. This will start the setting process.

Next, place the milk bottle in the fridge for it to harden further, and every five minutes turn the bottle over so all the chocolate hardens inside in a uniform way.

After approximately thirty minutes take the carton from the fridge, unscrew the cap and check that the chocolate is completely set.

Using a sharp knife such as a Stanley knife carefully cut the plastic container from the hardened chocolate bottle inside, taking care not to cut through the chocolate inside. Particular care should be taken when cutting the milk bottle handle.

If you have an accident and damage the chocolate whilst trimming the plastic away, you can easily repair it by melting chocolate to use as a patch.



Now pour your sweets into the chocolate bottle until full and place the original plastic top onto your chocolate bottle. It should screw on as the chocolate will have moulded into the shape of the original bottle. If you have problems simply use some melted chocolate to secure the lid.



You can then affix your old milk label to your finished bottle and if you want to personalise it with a ribbon or gift card then please do so.

The featured bottle below is decorated with a band from the suicide prevention and mental health charity The James Burke Foundation. Many thanks to Sharon Burke for the demonstration.



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

100% REUSABLE GREATNESS!

SCRAP Creative Reuse Arts Project Ltd. is a wonderful emporium in Sunnybank Mills in Farsley, Leeds focusing on helping the environment by diverting over 100 tonnes of non-toxic business waste destined for landfill each year, and re-imagining that waste as low-cost resources for art, learning and play.

SCRAP was established in 2006 in a small, basic, industrial unit in Kirkstall, Leeds and relocated – lock, stock and barrel – to Sunnybank Mills in 2014.

Louise Lucas, SCRAP Director, says: *“Moving to Sunnybank Mills gave us space (and warmth) to grow as an organisation. Our shop became accessible to all, we had the opportunity to build partnerships with education providers, the Leeds City Council Early Years Improvement Team, community groups and artists in Leeds and run workshops, outreach and other activities with the public. We could increase our donations scheme with local businesses too, helping them to dispose of more waste in an environmentally friendly way. We were able to move away from being reliant on funding to becoming a self-sustaining social enterprise, employing a team of staff and a fantastic cohort of volunteers.”*

The SCRAP Store (open to everyone from 10am to 4pm, Wednesday to Saturday) is filled to the rafters with inspiring materials for art and play, plus new art stock



to complement the scrap. Customers include schools, nurseries, arts or events organisations, artists, crafters, makers and many others. reSTORE is the in-house eco friendly, plastic free refill department, featuring toiletries, accessories and household cleaning. For anyone who can't get to Farsley, there is an online shop featuring a selection of scrap materials, new art stock and reSTORE products which can be distributed across the country.

In addition, a large meeting room presents an unusual and inspiring space for hire for meetings, training or away days and, as soon as Covid restrictions allow, the SCRAP Craft Café area will reopen as a space for people of all ages to drop in for workshops and craft skills sharing, and a nice cuppa and piece of cake.



SCRAP also brings large scale loose parts imaginative play to school and nursery playgrounds across Yorkshire with the ScrapShed, a metal container or wooden shed which is filled (and replenished) with recycled materials and equipment suitable for outdoor play including; plastics, reels, huge tubes, pipes, large boxes, old tyres, material, tarpaulin, den building equipment and much more.

There are currently over 60 major business donors to SCRAP, using this opportunity to demonstrate their awareness and social responsibility regarding the environment and the local community too. Their unwanted and unused materials are collected by SCRAP for free for reuse by thousands of individuals and organisations. SCRAP is constantly on the lookout for clean, safe, versatile business waste materials – production offcuts and by-products, rejected QC batches, bankrupt and redundant retail stock, unused raw materials and packaging materials. Diverting their waste from landfill and to SCRAP is a ‘win win’ for many businesses.



Louise continues: *“SCRAP is delighted to be open for business once again, and we look forward to welcoming everyone to the Scrap Store, and we’re always happy to share ideas and inspiration around our materials with all our customers so if you don’t know where to start, come anyway!”*

The SCRAP Store, incorporating eco refill reSTORE, is open to everyone Wednesday to Saturday from 10am to 4pm. Membership is free and taken out at point of purchase.

The SCRAP Online Shop can be found at:
www.scrapstuff.co.uk/shop.

More information about ScrapSheds can be found online at: www.scrapstuff.co.uk/scrap-sheds

Enquiries about anything SCRAP related are welcome via email to: admin@scrapstuff.co.uk

Follow SCRAP on Facebook, Instagram and Twitter:
[@ScrapLeeds](https://www.instagram.com/ScrapLeeds)

Article by **Ruth De Lissandri** with thanks to **Louise Lucas** and **Sarah Howells** from SCRAP

COLOUR GARDEN

For the last few years, a group of volunteers have worked to transform a patch of ground at Leeds Industrial Museum into a beautiful garden with borders full of colourful plants, some of which can be turned into natural dyes for fabrics. The museum is at Armley Mills, once the world's largest woollen mill. This link to the city's textile heritage makes the growing of dye plants particularly exciting.



Before chemical dyes were invented, plants were used to add colour to natural fibres like cotton and wool. Many of these dyes were from plants native to the UK. The project has successfully created blue fabrics using leaves from the woad plant. Woad is a native indigo plant in the UK, it's also how people in ancient Britain painted their faces blue. Other dyes have also been made from madder which creates beautiful reds and solidago (or goldenrod to you keen gardeners out there!) which produces a yellow dye. Like the volunteers, you can find lots of information about natural dyes online and at Leeds Libraries.

The main focus of the project is gardening for the wellbeing of the participants, so any activities like dyeing have to fit in with this. As well as traditional plants you might expect to find in a garden, the volunteers have selected unusual plants like aloe growing alongside cacti in the rockery.

The gardeners are also catering for the wildlife residents of the mill. A wheelbarrow of birdseed was donated by a generous volunteer and together with a selection of feeders and houses, the garden is now home to birds like blue tits, greenfinches, and wrens.



The project is in partnership with Leeds Industrial Museum at Armley Mills and is part of the Outdoors Active and Well project. In 2019 the project was awarded Silver for Leeds in Bloom. They have done activities like basket making, cooking and printing when the weather doesn't allow them to be in the garden.

The gardening sessions run weekly on a Thursday afternoon subject to COVID-19 restrictions. The main aims of the group are to improve their own wellbeing, transform the garden, take part in something active and fun and feel good about it. Hyde Park Source run outdoor opportunities across Leeds. To find out more check out www.hydeparksource.org or contact volunteer@hydeparksource.org.

Article by **Hayley Mills-Styles**



VINTAGE & CRAFT FAIR

A DATE FOR YOUR DIARY!

VINTAGE & CRAFT FAIR ON 15TH AUGUST 2021

On Sunday August 15th, the Yorkshire Brain Tumour Charity is hosting its first Vintage & Craft Fair at the beautiful Left Bank venue in Cardigan Road, Burley, Leeds. The event runs from 9am to 12:30pm. To help with social distancing, they are planning to set up a pre-payment ticket option which will be £1 to book in advance online or £2 to enter on the day and will enable you to browse a wide range of vintage items and handmade crafts by talented local artists. The event will include a jewellery stalls, a candle maker, clay artist, a knitting stall, home bakery, art & wall décor and several clothing boutiques to name but a few of the varied talents and skills on show.

For more information visit:

www.yorksbtc.org.uk/Support-Us/Loving-Fundraising/Events/Vintage-Craft-Fair

ABOUT THE CHARITY

The charity began life in 2003 as Andrea's Gift, inspired by Andrea Key, who was told in October 2001 that she had an aggressive brain tumour and 12 months to live.

On 16 May 2002, Andrea died as a result of her tumour but she left a gift; a brain tumour charity in Yorkshire that



provided support for patients and families in the hope that a cure could be found.

In 2011 Andrea's Gift became BTRS – Brain Tumour Research and Support across Yorkshire. Although Andrea's Gift changed its name, its values remained the same. They have since developed into the leading brain tumour charity in Yorkshire with a valuable patient support network and significant investments made in research at Leeds Institute of Cancer and Pathology.

In Spring 2017 the Yorkshire Brain Tumour Charity took over the day-to-day running of Ellie's Fund Brain Tumour Trust. Ellie's Fund was set up in memory of 14-year-old Ellie who lost her fight against her brain tumour in 2010. Ellie's Fund raised a staggering £286,000 before it became part of YBTC. Now an official YBTC fund they provide financial help to families in Yorkshire who have a child undergoing brain tumour treatment.

In March 2020, they changed their name again to Yorkshire's Brain Tumour Charity, also known as YBTC. Although the previous name was a great description of what they did, it was a bit of a mouthful. They are proud to work across the Yorkshire region and wanted this to be reflected in their name and at the heart of everything they do.

On 31st August 2020, after three successful years, the charity Will's Way merged with YBTC. The merge unites the two Yorkshire-based charities together to create a stronger force to grow support across the region. On 12th February 2021 they celebrated their 18th birthday and since it was formed the charity and its loyal supporters have raised an amazing £3.75 million.

ABOUT THE VENUE

Situated in the heart of Burley LS6, the Left Bank is the home of an evolving programme of projects, initiatives and creative events. The Left Bank Leeds began as St Margaret's Church, built in 1907 and paid for through the efforts of the local community. Home to an Anglican congregation for 85 years, the church closed in 1995 after the building became too difficult to manage. In 2002 a charity, now known as Left Bank Charitable Trust, was set up to reinvent the space as an events and arts venue; Left Bank Leeds was born.

Left Bank Leeds CIC was launched in 2015 to bring the charity's vision for the space to life. In 2019 a new Directorship took the lead, refocusing Left Bank Leeds CIC to create an environment where smaller organisations and individuals can develop their ideas and creative practice, growing new income streams and audiences for their

work as well as a welcoming and inspiring space for the community to enjoy.

Left Bank Leeds has since become a venue for artistic and community initiatives, with a flourishing programme of workshops, exhibitions, events and more. Responding to the pandemic and a shift in purpose, Left Bank Leeds aims to be a genuinely community-led space, focused on developing opportunities and shared creativity through affordable and accessible space. Their café-bar is open every day and has become a meeting spot for locals, freelancers and families as well as an expanding network of artists, innovators and makers.

Whether you want to meet friends, learn new skills, work remotely in an inspiring environment, attend one of their events or just grab a coffee on the way to work then make the Left Bank your destination. Please support the event, charity and venue on what promises to be a super Sunday event.

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



PEER SUPPORT PLUS

ARTS AND MINDS MEMBER SCARLETT SHEARWOOD'S LOGO DESIGN CHOSEN FOR PEER SUPPORT PLUS

Back in August 2020, Arts & Minds sent out a request on behalf of Peer Support Plus for help designing their logo. Peer Support would like to say thank you to everyone who responded and to introduce you to the design below by Scarlett Shearwood that was chosen as their new logo.

All of the Peer Support members were really impressed with Scarlett's design and Peer Support would like to say a big thank you to Scarlett for *"her skill and flair, her patience when we changed our colours and for her generosity in gifting the design to us"*.



OPPORTUNITIES TO JOIN THE NEW ONLINE TUESDAY EVENING PEER SUPPORT GROUP

Peer Support Plus have launched a new online-only weekly Peer Support Group for adults in the Leeds Metropolitan District who are taking responsibility for, and learning to manage, their own mental health. They meet by Zoom most Tuesday evenings from 18.30 to 20.30.

To participate you must to be able to join the Zoom Support Group from a closed room where you are alone, so you and the other Support Group participants can speak freely without being seen or overheard.

Peer Support are reaching out to people who, for reasons of mobility, social anxiety, travel, or other commitments such as caring responsibilities or working hours, are unable to attend their Wednesday afternoon face-to-face group.

The Group's trained Facilitators are also Digital Champions supported by 100% Digital Leeds and can help get you up and running on Zoom so you can join them.

If you don't have access to a device and data connection Peer Support may be able to help with a free loan of a digitally connected tablet, for up to six months.

Peer Support are also taking self-referrals for the Wednesday afternoon face-to-face Peer Support Group which will be meeting at Lovell Park Hub when the hub is fully open again.

If you would like to register your interest in joining please email Peer Support at enquire@peersupportplus.org or call them on **07434 614 829**.

WHAT'S ON...

CULTURE CLUB

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

In the meantime Culture Club has expanded its means of communications to a Twitter page ([twitter@CultureLeeds](https://twitter.com/CultureLeeds)) and also to a public Facebook page (www.facebook.com/CultureClubLeeds) so check those out for the latest updates.

While we cannot meet up in person Culture Club will be making suggestions to undertake virtual outings and enjoy the rich picking of 'Free' theatre productions, operas or concerts within the comfort of your own home by gleaning 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



Before lockdown Connect & Create was a monthly group where Arts & Minds members could connect, share skills, and take part in creative workshops led by other members. We are sure you are missing this dip into the huge well of creativity in our membership so we are bringing you a taste of these events in the form of online Zoom workshops until we can meet up in the real world again.

Each month's offer will be led by a different member and you can take part for free from the comfort of your own home. The workshops are on the **first Monday of every month** from **1.00pm to 2.30pm** with the exception of bank holidays, in which case they are on the following Monday.

For more information, or to sign up for the workshops, email info@artsandmindsnetwork.org.uk. You will be sent a list of what you need for each workshop which will be cheap materials you are likely to have to hand at home.

MAKE SPACE

We would love you to join us at the weekly Make Space Zoom session, where the focus is on connecting with other members, and taking time for yourself to continue with your creative project, poetry or artwork. Bring along a cuppa, and tune in for your time out session between **1.00pm and 2.00pm every Tuesday**.

Arts & Minds started the Make Space during lockdown as a way to stay connected with members while we were not able to meet up in person. Due to the success of the group, and the continued demand for online sessions, we are pleased to say that we will continue to run the Make Space group online in the future when other Arts & Minds groups and sessions return to meeting face-to-face.

For more information, or to sign up for the sessions, email info@artsandmindsnetwork.org.uk. You will be sent a Zoom link to join in with the sessions.



ARTS & MINDS

MAKE

SPACE

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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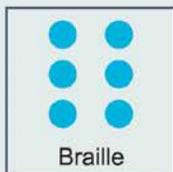
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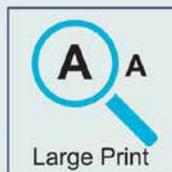
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