



Arts & Minds Newsletter

Summer 2022

www.artsandmindsnetwork.org.uk

Colour Me Kirkstall

Take a look at the new local history colouring book by artist Holly Mills (page 6)

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A WORD FROM THE EDITOR

Welcome to the summer 2022 edition of the Arts & Minds newsletter. We have been very busy since the last newsletter with lots happening including an event at Swarthmore Education Centre (see page 16) and the completion of the NICPM Mosaic project (see page 10).

Arts & Minds will be reopening the Creative Grants programme again soon to encourage more creative participation in NHS services so watch out for the latest news about that via the eBulletins and on the website.

Please also see the What's On section at the back of the newsletter for details about our monthly Connect & Create group that meets at the Discovery Centre, our weekly online Make Space group that meets via Zoom, and the next Arts & Minds event which will be at Temple Newsam on Tuesday 28th June. For the Temple Newsam event, Arts & Minds member Sandy Holden will be running collage workshops in response to the amazing wallpaper and decorative arts on display in the house.

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.

JOIN THE NEWSLETTER TEAM

Do you have a bit of spare time? Would you like to see your words in print? If the answer to these questions is yes then you would be a welcome addition to the Arts & Minds newsletter team! We have a small team of volunteers who get together quarterly via Zoom to plan and write articles for the newsletter. If you are interested in joining the team or want to find out more send an email to: toby@artsandmindsnetwork.org.uk

"Initially I was worried about being out of my depth as I have no formal artistic background, but from day one I was made really welcome and encouraged and I enjoy every minute of my involvement with the Arts and Minds Newsletter."

Paul Abraham (Newsletter Volunteer)

ARTS & MINDS ARE MOVING

The office at Inkwell Arts that has been the home of Arts & Minds for so long is closing down and we are in the process of finding a new home. Please contact us by email (info@artsandmindsnetwork.org.uk) until we have our new address and phone number confirmed. Check the website and eBulletins for the latest information and updates about the move.

COLOUR ME KIRKSTALL



Introducing and encouraging art and local history to children can be a challenge for parents and teachers alike, however a new publication commissioned by the Kirkstall Valley Development Trust and made possible by the Co-op Local Community Fund aims to change all that.

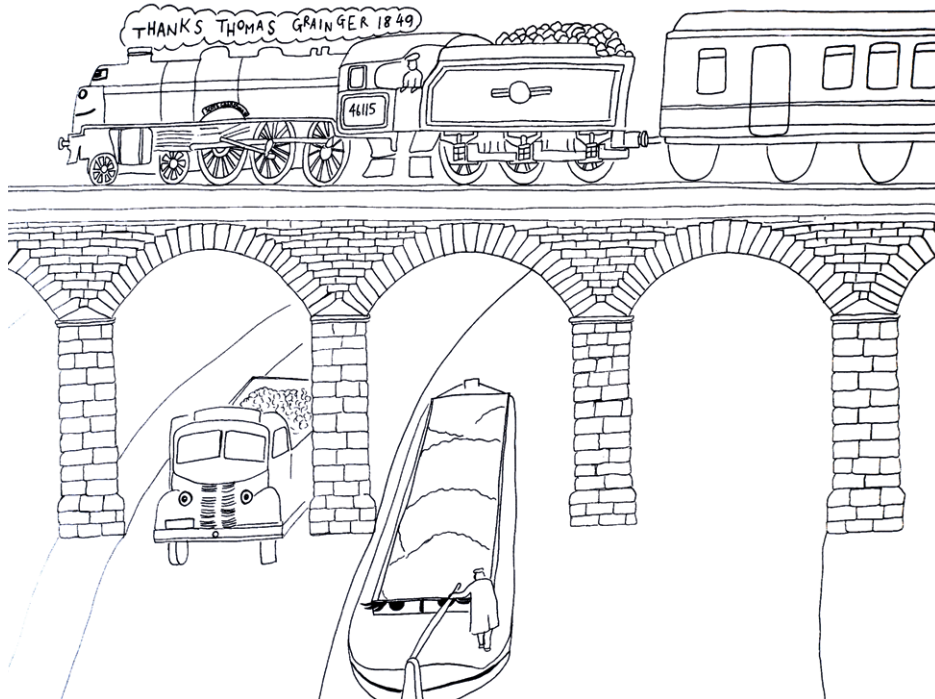
The 'Colour Me Kirkstall' colouring book, written and illustrated by Kirkstall-based artist Holly Mills, has now been published and is sure to inspire both children and

adults, as Holly has used her artistic mind and skills to help make local history more entertaining and fun instead of just being about facts and figures.

'Colour Me Kirkstall' was developed in collaboration with long-time residents of Kirkstall, the children of Kirkstall who helped explore local history through fun-filled activities on the Kirkstall Valley Farm, and the Abbey House Museum. Involving these local voices has helped produce a book designed to appeal to people who may not normally participate in art or the reading of local history.

The book is superbly illustrated by Holly with information and stories being told in an easy going and entertaining way. Although the idea of 'Colour Me Kirkstall' was to introduce and inspire children to art and local history, the book is by no means confined to young minds. As someone who has lived all his life within a fifteen-minute walk from Kirkstall Abbey there were a number of things that I had not read or heard about before reading this publication. For example, did you know that Kirkstall Forge was founded by the monks who built Kirkstall Abbey and that Elizabeth 'Betty' Beecroft was the determined and successful manager of the Forge from 1778-1785 which was completely unheard of for a woman in the 1700s, or that jam jars were accepted as entrance fees at the Abbey Picture House!

The book is a brilliant and unique way to become interested in both local history via the text and art through colouring the illustrations and is sure to be welcomed by art teachers especially ones looking to spark the interest in the young children of Kirkstall and beyond!



Kirkstall Valley Development Trust have donated a class set to each of the primary schools in the Kirkstall Ward including Hawksworth Wood Primary School, St Stephen's Primary School, Beecroft Primary School, Sacred Heart Primary School, Kirkstall Valley Primary School and Burley St Matthias Primary School and the initial feedback has been very positive from the schools some of whom have made requests for further copies.

Adele Rae, a driving force within the Kirkstall Valley Development Trust commented on the project:

"We were absolutely delighted to receive the Co-op Community Funding which has enabled us to produce this history resource and colouring book. Kirkstall Valley Development Trust is committed to promoting the Kirkstall Valley and supporting and empowering its people so this project has ticked a lot of boxes. We are thrilled with what Holly who researched, wrote and illustrated it has achieved. Holly has been one of our committed volunteers for some time so it was fabulous to be able to give her this opportunity to help her to launch her new career as a Community Artist."

More information can be found via the following sites:

www.kvdt.org.uk

www.facebook.com/Unit11KVDT

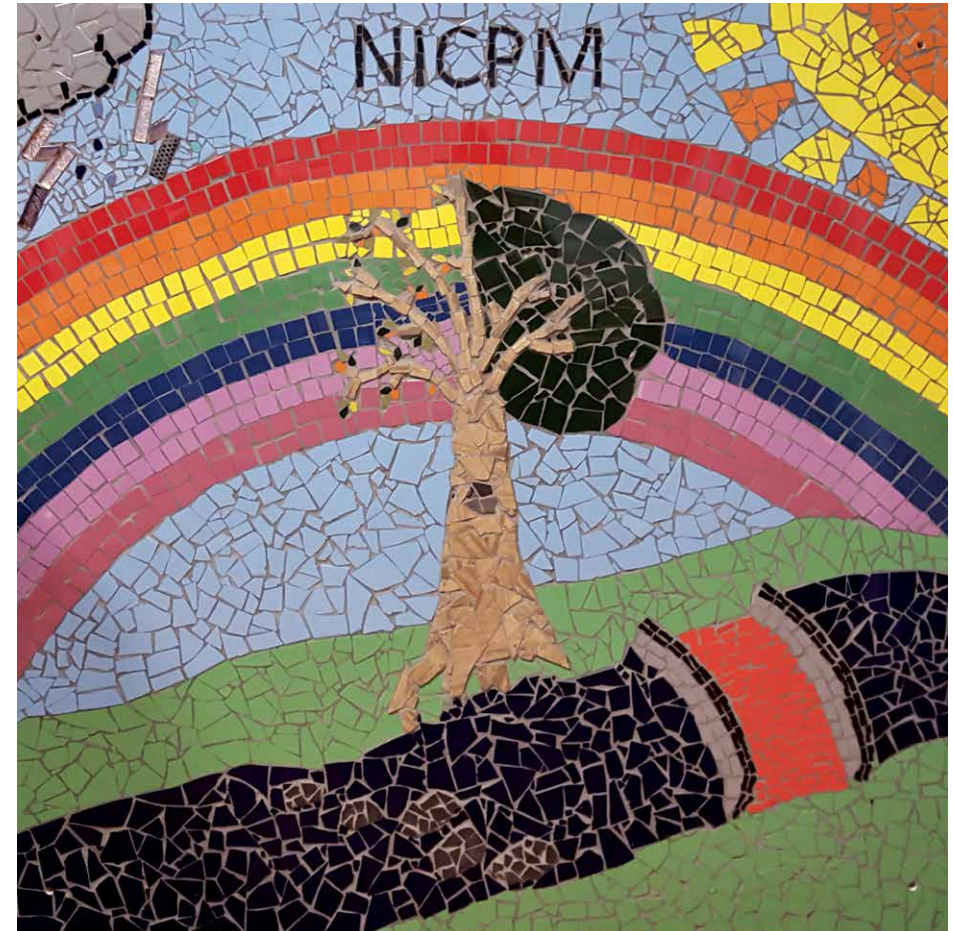
Article and photographs by **Paul Abraham** of www.theartfulrambler.com

NICPM MOSAIC PROJECT

Mosaic is about the coming together of small diverse pieces to make one large coherent whole greater than the sum of its many parts. This is what staff and patients at NICPM (National Inpatient Centre for Psychological Medicine) achieved through working with Seagulls Creative Reuse, funded by a creative grant from Arts & Minds. They learnt how to design and make mosaics by creating individual pieces to take home on their discharge, as well as a large group mosaic for display on the ward. Moreover, they also learnt how individuals can achieve so much more by working together to overcome problems and surprised themselves in doing so. Their beautiful, tiled artwork is testimony to this process.

Staff described how: *“Some patients were spending a lot of time alone in their rooms. This project gave them the opportunity to engage in something they enjoyed and socialise as group. It brought our staff and patients together to produce a fantastic piece of art. Some patients were so keen they wanted to work on our mosaic through the week and not just in the session.”*

On this collective journey, participants reported how they had bonded in this shared experience; learnt new creative skills; felt motivated and engaged; discovered their own creativity; gained problem solving skills and increased confidence; felt proud for what they had achieved; and had fun!



Staff also talked about the benefits of working with an external organisation like Seagulls who brought additional value with their skills and experience, such as their facilitator Ben: *“Ben was an excellent facilitator. He guided the group very well and was attentive to all participants.”*

Participants described how the project gave everyone something to look forward to, and a positive focus after



SEAGULLS CREATIVE REUSE WORKSHOPS

Seagulls offers monthly mosaic workshops on Saturdays as well as a range of other creative workshops, including printing and decorative metalwork, at their base in Aire Place Mills just off Kirkstall Road.

For more information visit www.seagullsreuse.org.uk or contact Seagulls:

Phone: 0113 246 7510

Email: info@seagullsreuse.org.uk



nearly two years of covid restrictions had curtailed this kind of activity. One unexpected outcome of the project was that staff were inspired to rethink how they delivered future work with more of a focus on team projects with a collective aim.

The Arts & Minds grant also left NICPM with the legacy of the equipment and some materials to continue this work with the skills learnt.

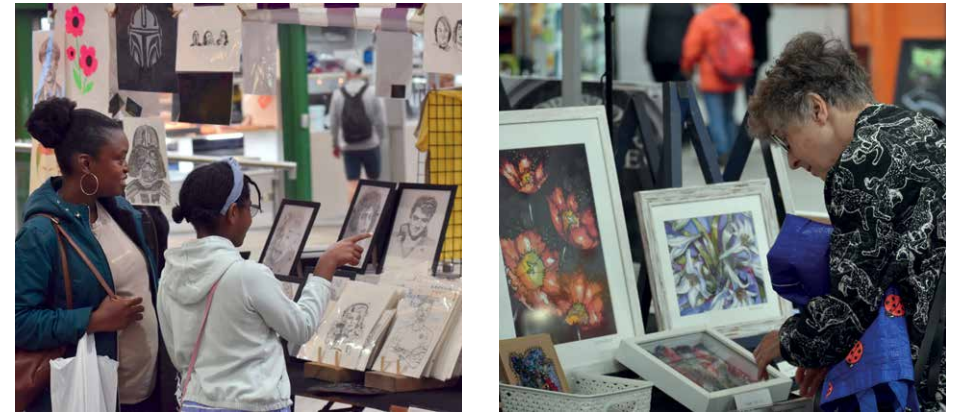
ART HOUSE ART FAYRE



The Art House Art Fayre (AHAF) event is free admission to the public. Art lovers can expect a diverse range of quality contemporary art and high-quality craft on display from artists and crafters primarily from Leeds and Yorkshire. Some artists are new to the art scene, others are long established. Find artists (numbers vary) selling contemporary painting, photography, posters, prints, unique cards, textile art, ceramics, sculpture and more.

Paul Heaney is the inspiration and driving force behind this event and is well-known and respected in both the art and photography communities around Yorkshire and beyond. Having ran the Art House in Leeds Kirkgate Market, Paul decided to offer artists and art lovers the opportunity to share and experience the tremendous amount of talented artists around West Yorkshire through the Art House Art Fayre.

I have attended the AHAF before and I am never disappointed just amazed at the talent of all the artists and their various mediums. The skill, quality and imagination of each artist can't stop you from being impressed and encouraged to become more involved with art, either as an interested observer, taking up a new hobby or re-igniting a former passion.



The event includes artists and visitors of all ages and the artists on my visit included a former professional rugby league player and an ex civil engineer! The one thing that separates this art fayre from others is the warm welcoming 'feel' it has and the opportunity to talk with the artists involved and get the background to their art and how they became involved and reached the level they are now at. Artists at this fayre included Karl Simpson, Sullivan Alenezi, Anjana Dey Clark, Leanne Rose Bell, Leo Dis Vinci and Helen Casey.

For more details about the Art House Art Fayres and how to book a stall, please email lightpainter@hotmail.com or call **07961 936 511**.

Article and photographs by **Paul Abraham** of www.theartfulrambler.com

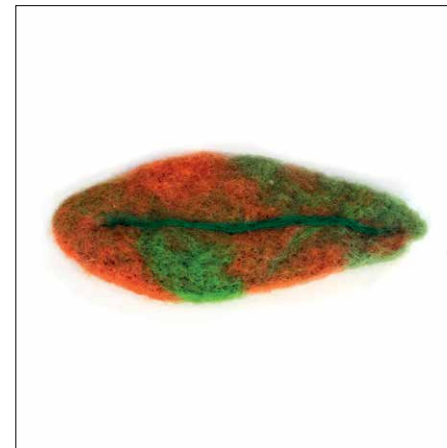
The next Art House Art Fayres are on Saturday 20th August and Saturday 19th November. The Art House Art Fayres are free to attend and run from 10am to 5pm in the events space at Kirkgate Market.

SWARTHMORE EVENT

In April, Arts & Minds worked in collaboration with the Swarthmore Education Centre to run a fun packed afternoon of needle felting and wire sculpture workshops facilitated by the wonderful Swarthmore tutors. Members got to try both art forms with examples of some of the work produced shown below and opposite.

Swarthmore run a wide range of arts and craft courses including textiles, jewellery, pottery and drawing (plus lots more!) and many of their courses have subsidised rates if you are in receipt of a state pension or income based state benefits. For more information about the Swarthmore Education Centre and the courses they run visit:

www.swarthmore.org.uk

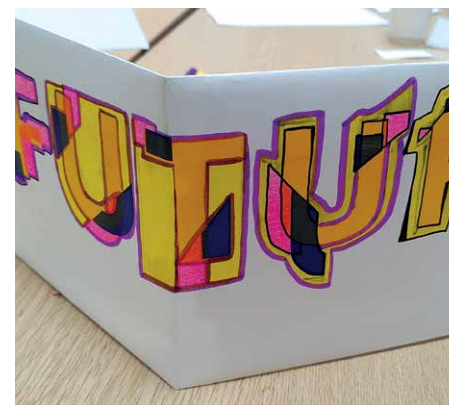
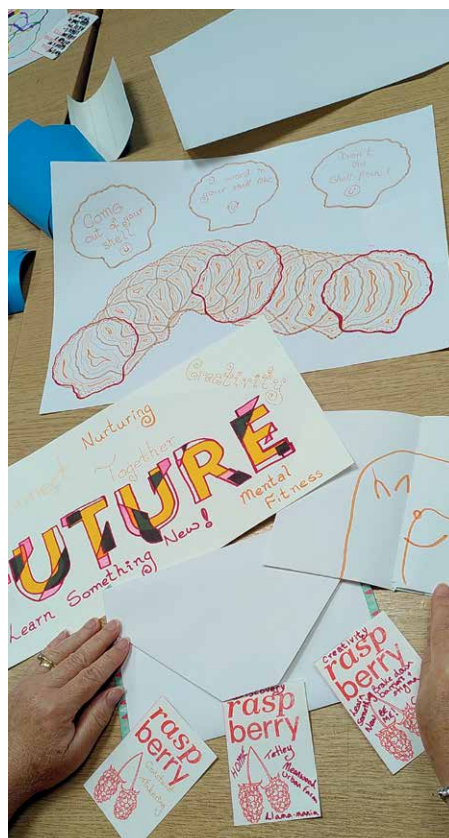


A DAY ON THE FARM

In May, Arts & Minds staff and volunteers spent a day at Meanwood Valley Urban Farm reflecting on the work Arts & Minds has done over the last couple of years and looking forward to what we can do in 2023 and beyond.

The event was facilitated by Art Doctor and Leeds based artist, Liz Sterling who lead attendees through a playful day of creative activities getting to the essence of the work that Arts & Minds has and should be doing.

It was great to be able to meet up with everyone again in the real world. All the suggestions made on the day will be taken forward to our members Buzz group on the 3rd August (please see page 25 for more details).



WHAT'S ON...

CONNECT & CREATE

Connect & Create is a monthly group where Arts & Minds members can connect, share skills, and take part in creative workshops led by other members. Each month's offer will be led by a different member and is free to attend. The workshops are on the **first Monday of every month** from **1pm to 3pm** with the exception of bank holidays, in which case they are on the following Monday.

The Connect & Create group meets at Leeds Discovery Centre, Carlisle Road, Leeds LS10 1LB. There is free parking if you are coming by car and the centre is a short walk from town if you are coming by public transport.

For more information, or to sign up for the workshops, email info@artsandmindsnetwork.org.uk. Sessions are by RSVP only at the moment and there is a limit on numbers so please get in touch if you want to come along so we can book you a place.



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 continuing to run the Make Space group online as 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.





ARTWALK

Join us as we walk
between Left Bank,
Assembly House, Aire
Place Studios and Open
Source Arts to view the
work exhibited by resident
artists!

MEETING POINT
Left Bank @ 1pm
Cardigan Rd, Burley,
Leeds LS6 1LJ

OPEN SOURCE ARTS
LEFT BANK



17th June | 1pm-5pm



OPEN SOURCE ARTS

OPEN STUDIOS

FANCY A TOUR OF OUR BRAND NEW ART STUDIOS?

**OUR RENTABLE STUDIO PODS CAN PROVIDE YOU WITH
A SPACE TO DEVELOP YOUR PRACTICE, BE CURIOUS
AND EXPRESS YOUR CREATIVITY. ALL ARTFORMS AND
PRACTICES ARE WELCOME!**

COME ON IN!

**UNIT 1A
AIRE PLACE MILLS,
143 KIRKSTALL RD,
LEEDS, LS3 1JL**

FRIDAY 17TH JUNE | 4.30-6 PM

OPEN SOURCE ARTS

OPEN SOURCE ARTS

**SUMMER
SOLSTICE
MARKET
&
CELEBRATION**

ART & CRAFTS MARKET | WORKSHOPS |
CULTURAL DIVERSITY DAY CELEBRATION |
PERFORMANCE & POETRY | OPEN MIC | FOOD

Unit 1A Aire Place
Mills
143 Kirkstall Rd,
Leeds.
LS3 1JL

25TH JUNE | 12-8PM | FREE ENTRY

arts and minds network

BUZZ GROUP

Wednesday 3rd August

We are inviting Arts & Members to join us to help inform the work that we do and to set our direction for 2023 and beyond. You can join us either in person at Barkston House or online on the day. Look out for more information about the event and times for the day in the Arts & Minds eBulletins and on the website.

VENUE
**Barkston House, 46 Croydon St,
Holbeck, Leeds LS11 9RT**

Collage Workshop

An Arts & Minds event at Temple Newsam House

Join artist and **Arts & Minds** member **Sandy Holden** for a collage workshop inspired by the famous Audobon bird wallpaper and decorative arts on display at **Temple Newsam**. Sandy will show you how to create your own collage in the style of the wallpaper embellished with Audobon's illustrations in 1827.

All materials and equipment will be provided and the workshop is suitable for both complete beginners and experienced artists who want to try something new. As part of the event you will also be taken on a tour of Temple Newsam House to see the wallpaper and other decorative arts in the collection.

Light refreshments will be served both before and in-between the workshop and tour.

Tuesday 28th June 2022 • 12.30pm to 4.30pm

Venue: **Temple Newsam House**
Temple Newsam Road, Leeds LS15 0AE



In 1827, Lady Isabella Hertford decorated the Chinese Drawing Room at Temple Newsam House with 28 pictures from John James Audobon's 'The Birds of America'.

The book — of which there are only 119 copies left in existence — would now be worth around £7 million.

Places for the **Temple Newsam Event** are limited and are by RSVP only. To book a place on the workshops please email Jane at: info@artsandmindsnetwork.org.uk

You will be sent a confirmation email with all the details for the day. This event is for Arts & Minds members only. If you are not an Arts & Minds member you can join for free at: www.artsandmindsnetwork.org.uk/join-us

www.artsandmindsnetwork.org.uk
www.museumsandgalleries.leeds.gov.uk/temple-newsam

This event is a partnership project between **Arts & Minds** and **Temple Newsam**



TEMPLE
NEWSAM

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**

email: **info@artsandmindsnetwork.org.uk**

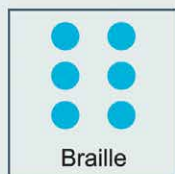
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