



Arts & Minds Newsletter

Spring 2026

www.artsandmindsnetwork.org.uk

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Inside cover photo of mosaic taken by Sarah Bradley at TCV Skelton Grange - see page 5

A WORD FROM THE EDITOR

Welcome to the Spring 2026 edition of the Arts & Minds newsletter. We've had a lovely last few months here at Arts & Minds, running our monthly Connect & Create sessions and a fantastic creative event at TCV Skelton Grange - thank you so much to Hannah and Charlie for facilitating the session. You can read more about our afternoon creating art in nature at Skelton Grange on [page 5](#).

As always, we have a wonderful and varied array of articles from our brilliant team of contributors for you to enjoy. From a poetry evening review to Chinese New Year celebrations, from an Arts & Minds member interview to an exploration of the process of making a tongue drum EP. If that wasn't enough we also have a body art life drawing article thrown in for good measure.

In the 'What's On' section on [page 40](#) you will find details about events that are on across the city over the coming months.

If you want to find out more about Arts & Minds and what we do, you can email us at: info@artsandmindsnetwork.org.uk. You can also check the Arts & Minds e-bulletin and website for more information and follow us on our **new** instagram account www.instagram.com/artsandmindsleeds

Enjoy!

Sarah Bradley

WHEN ART MEETS NATURE: TCV SKELTON GRANGE



TCV Skelton Grange is the award-winning sister centre of TCV Hollybush, located in Stourton in South Leeds. Set within a ten-acre plot, the environment centre boasts grounds where creativity and conservation seamlessly and beautifully intertwine. We were lucky enough to hold our most recent quarterly event there and we had a wonderful afternoon facilitated by TCV staff members Hannah and Charlie. We began with a bite to eat, followed

by a tour of the extensive grounds. Along the way we saw huge insect hotels, rare mushrooms and frogs and toads. We visited the sensory garden which was full of marjoram, sage and the biggest bay tree we'd ever seen. We saw hand-crafted willow arches and a stunning array of



From top left, clockwise: Robin mosaic, Scarlet Elf Cup Mushroom, the huge insect hotel and handmade clay poppies

handmade painted clay poppies. Footpaths were decorated with beautiful mosaics inspired by nature and the inside spaces were thoughtfully and artistically designed. Then came time for our creative activities. We were taught how to do the Japanese art of Hapa Zome – translated as “leaf dye” – which consisted of collecting leaves and flowers from the grounds, which we then placed between two paper pieces and then hit with a hammer. This resulted in the release of natural pigments, which were absorbed into the paper,



creating beautiful, colourful patterns. A bit of trial and error was required as not every leaf or flower was suited to the process. Waxier leaves didn't release dye as easily, while softer, less shiny leaves did. Some of us made bookmarks with our hammered designs to take home with us as a

reminder of the day. Following this we had a go at whittling mushrooms, which was an unexpectedly tricky process that required a bit of strength and determination and resulted in achey limbs the next day!



Under careful supervision, we used knives and special gloves to protect our hands while whittling and made the mushroom shape by slowly chipping away at the bark at various angles until we achieved the right shapes. It was lovely to learn new skills and what struck the group was how mindful both the Hapa Zome and the Mushroom Whittling felt. The natural surroundings seemed to enhance the activity and make everyone feel that bit more relaxed.

If you would like to get involved with TCV Skelton Grange,



you can join their free Monday Green Gym which involves improving health and wellbeing through fruit and vegetable gardening, wildlife walks and food tasting or their Friday Green Team, the aim of which is to have fun and help with practical conservation volunteering on-site. For more details visit: www.tcv.org.uk/skeltongrange/volunteering/volunteering-activities

We are currently in the process of planning our next quarterly event, if you would like to come along to the next one, or any of our free quarterly events, join the Arts & Minds mailing list via our website at www.artsandmind-network.org.uk to receive e-mails with sign-up information. We love introducing our members to new arts and cultural venues across the city and hope to see you at our next one.

Article by **Sarah Bradley** and Photos by **Sarah Bradley** and **TCV Skelton Grange**



LATE SUMMER LINES: POETRY AT THE ATTIC



Late Summer Lines was a poetry event held at The Attic in Leeds on the last Saturday of August. The evening featured performances by Ian Killen, Tom Priestley, Jim Higo, Faye Marshall, and myself. Having performed on the local poetry circuit for several years, the thought of bringing together some of the best writer-performers I've met had been on my mind for a while.

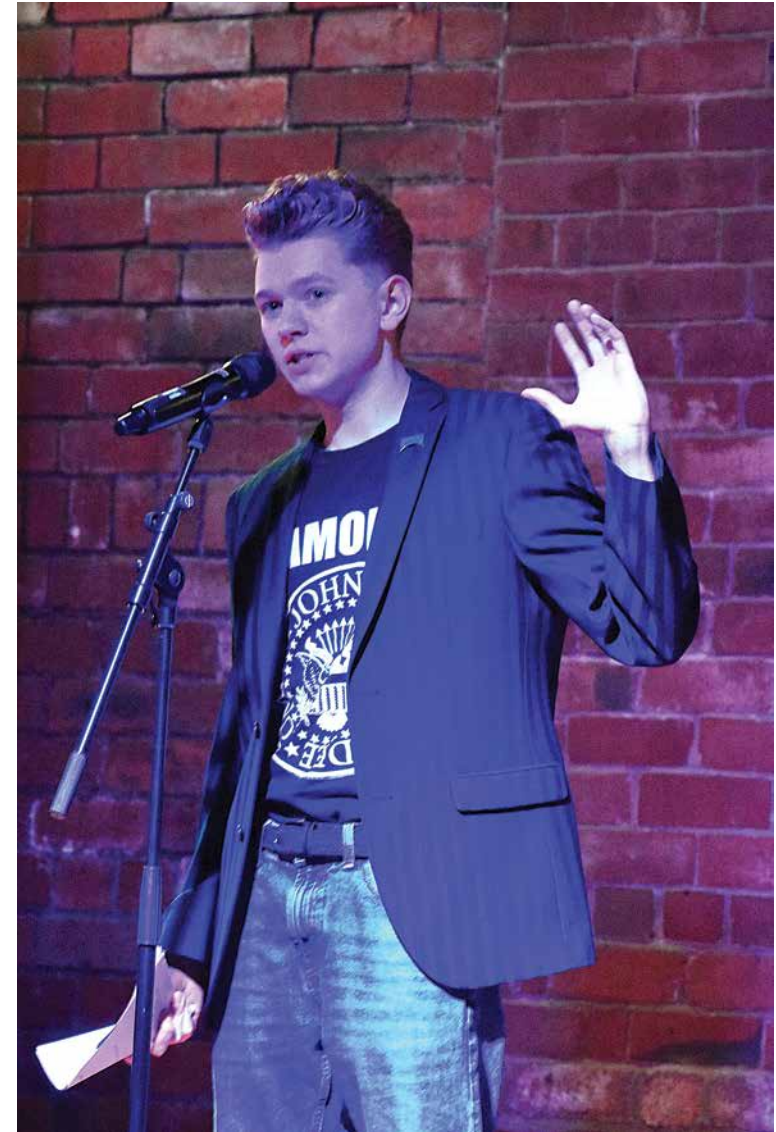
Curating a balanced lineup was key. Each of the four poets

on the night was my first choice for a five-person event. Equally important was finding a venue that matched the energy of the event. The Attic, on Sheaf Street, certainly delivered: its well-lit stage, professional sound system and cosily decorated interior created an atmosphere that was both welcoming and professional. By the end of the evening, it felt as though the event had been made specifically for that space.

The smaller details were also important to me, to help shape the audience's experience. For all of my performances, I always pick the pre-show music playlist personally, and opted for a blend of tracks including Morrissey, David Bowie and Fontaines DC. I feel that the right soundtrack upon the audience's entrance and anticipation can really frame the evening in the right way. After finalising my setlist and rehearsing my pieces, I was ready for the night. The evening opened with Faye Marshall, a warm and gentle-natured host. Faye introduced the running order and performed one of her own poems before Liverpool-born Ian Killen took the stage for the first 30-minute set. Ian's charming, anecdotal style blended humour with observations on bands, haircuts, identity, and defiance. Tom Priestley then shifted the pace, delivering fast, raw, and hilarious poetry that completed the first half of the night.

The start of the second half marked my time to enter the stage. It was a true joy to perform at such a venue, with such a warm and receptive audience. My set was a blend of poems I have performed many times over the last few

years, and some newer works – including a poem performed for the very first time, titled Isabella Linton. Overall, I was pleased with my performance, and received lots of kind



words when speaking to audience members afterwards. The final performance of the evening came from Jim Higo, a poet whose work I've come to greatly admire. I was delighted that Jim accepted the invitation to perform at the event, and he did not disappoint, bringing his fusion of punk and comedy to the stage.

I feel the evening was a great success. Looking to next year, I hope to curate a similar event with an adapted line-up in a venue just as welcoming as The Attic.

The thoughts of Paul Abraham, photographer of the evening:

A View From Behind The Lens!

I had already had the privilege of photographing Jacob's last two book launches and so to be asked to be the official photographer for his event at The Attic was a massive honour which I obviously quickly accepted.

As usual before any "Shoot" I did my research on the venue, which was a new one to me and of the performers. Obviously, I knew Jacob and was aware of Tom Priestley as one of the leading poets around West Yorkshire. My admiration of Faye Marshall has been through her social media coverage, and she is surely a spoken word superstar destined for national and international recognition very soon. Add the legend from Liverpool Ian Killen and Sky Arts award nominee Jim Higo and it promised to be

something of a very special event.

By the time I'd taken my last image I had witnessed and recorded something very amazing. The venue was welcoming with a wonderful "feel" to it which created an atmosphere where it would have been impossible not to relax and enjoy the whole evening. The poets had an individuality which kept everyone alert while collectively keeping the event flowing with a pace which made the evening fly past.

I passionately hope that the event which was so well planned and brought together by Jacob, is the first of many more to come over the forthcoming months and years. Well done to the amazing poets, the staff of the venue and the audience who created a very wonderful and special occasion.

Isabella Linton, as performed at "Late Summer Lines"

This night tastes of smoke
And feels like a mystery
This night curls up like a tired cat
And gently lays with me.

This night tastes of an echo
And feels like a shadow
This night whispers hello, and acquaints itself
As someone I'm desperate so to know.

This night tastes of old love and older spices
 And does not fawn for morning
 This night gives comforting silence
 And promises electric, magnetic surprises.

This night tastes of November
 And feels like black coffee
 I intend to sink and there's nobody
 On this earth to stop me.

This night tastes of vanilla
 And feels like an acoustic track
 The rain teases to swirl into a caress
 As on the windowsill, it begins to tap.

This night is right for both of us
 And I'll see you again, one day
 There's only warmth, there is no pain
 Tonight, there's no need for escape.

You can see upcoming events on at The Attic here:
www.instagram.com/theatticleeds

Article and poetry by **Jacob Davies**, "A View From Behind
 The Lens" and photos by **Paul Abraham**

THE PHOENIX PROJECT



In the summer of 2019, not long before the pandemic hit, I got myself an Idopan Dominus tongue drum. A ten note melodic drum, it makes a beautiful bell like sound when played with mallets or fingers, and it's been my favourite instrument to play since I got it. I'd been getting a bit fed up with acoustic guitar music and I was looking for something different, and I was also looking for something to help

manage PTSD symptoms. I'd done research into how these bell like sound when played with mallets or fingers, and it's been my favourite instrument to play since I got it. I'd been getting a bit fed up with acoustic guitar music and I was looking for something different, and I was also looking for something to help manage PTSD symptoms. I'd done research into how these instruments work with specific frequencies that can be really calming which it certainly is for me. I love making chilled out music with it, and it's challenged how I view composition and songwriting. The mental health benefits of it have been huge. It's probably the best thing I've ever bought.

By the time the pandemic happened and the first lockdown hit, I'd had time to learn how to play the tongue drum and I'd already started writing music with it, and to be honest I needed a project to help distract from everything that was going on. A small collection of tunes was enough for an EP, but the more I got into composing on the tongue drum I ended up with an album's worth of music. There was a real sense of achievement in doing everything myself at home out of necessity, from recording to production. At this point a new music project, named The Phoenix Project, was officially a thing. Once the second lockdown came along, I pretty much did the same thing and made another album, improving on what I'd learned the first time. An EP followed later that year as part of a project with Arts & Minds and Leeds Art Gallery.

Admittedly I had some time away from the tongue after that.



I wanted to focus on heavier music as well as other art / photography projects. I had a serious tendon and nerve injury towards the end of 2024 too which meant I had to stop playing music all together for months while I healed. Having the albums to listen to was a relief during that time! I started getting back into playing towards

the end of last year, and I've jumped back into recording a third album. I'm filming videos for playlists too, and hoping to get out and play live this year, anxiety permitting! The tongue drum is such a unique and interesting instrument that I really want to share this music with people. It's great for mindfulness and meditation, or to just chill to. Hopefully the new album will be out some time this year.

Check out my Bandcamp page here:

www.phoenixtonguedrum.bandcamp.com

Article and photos by **Dave Lynch**

WELCOME TO THE YEAR OF THE HORSE

The Year of the Horse galloped into Morley, Leeds to celebrate Lantern Festival on Sunday 1st March 2026. Over 250 people with different backgrounds at all ages joined this first of its kind in Morley.



Lantern Festival is celebrated on the 15th day of the first month of the lunar calendar (3rd March this year), marking the end of the Chinese New Year celebrations. This festival also symbolizes family reunions and the hope for a prosperous year ahead. It is a time for families to come



together, enjoy colourful lanterns, and eat sweet glutinous rice dumplings that symbolize reunion.

This event was a runaway success with the Mayor of Morley - Carol Edwards; Local Councillors - Helen Irving /





Jim Aveyard; and Local MP - Mark Sewards -enjoying the friendly warm atmosphere and taking part in some of the many varied workshops.

Apart from the workshops ran by the Lazy Cover Art Studio, there were stalls for foods and crafts run by Hong Kong traders WAH LOK YUEN, The Crusty Cob, HA HA Shop, 13 Noodles, Blessings Craft Shop, Biscuits Handmade Shop and Ally's Crafting.

It was a memorable and magical day filled with joy and creativity. Thank you to everyone who was involved or attended this event.

This event was supported by:
Morley Town Council
That Morley Mag
Morley CIC Live
Paul Abraham

Check out future events and workshops' via:
www.lazycoverartstudio.com

Article and photos by **Paul Abraham**
www.paulabraham.info

MEMBER CHAT: CATRIONA MCKELL



I interviewed newish member to Arts & Minds Catriona McKell in the bustling atmosphere of Tiled Hall Cafe at Leeds Art Gallery.

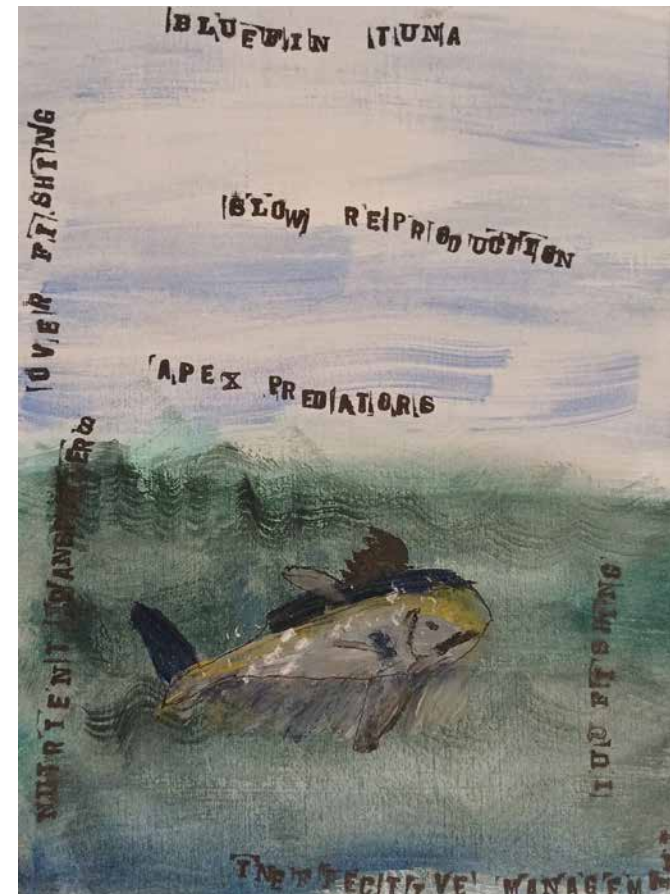
What made you decide to join Arts & Minds?

It was actually my social prescriber, through the doctor who suggested it and I'm glad that he did, because

I'm a very creative person and I needed that outlet and I think Arts & Minds has more than covered that.

How does being creative and doing art help you with your wellbeing?

It helps me in several ways. I was thinking this morning that art can be research. It can be a form of expression of one's self and I think it helps me in several ways. If I'm feeling particularly academic, then I may go down a particular



project and start intensively researching or testing a piece of artwork. Otherwise I just draw for the fun of it. Quite often it's animal related. Also I've taken art therapy and that is the only therapy that has really worked for me, because it's helped me to kind of express myself, in the appropriate way and discover who I am and instead of thinking that it's an interview setting, I'm distracted by doing art.



What is your favourite art medium to use for your wellbeing?

I tend to paint with acrylic or just draw a simple pencil sketch.

What types of things do you like to draw or paint?

Erm...? Animals!

What's your favourite animal?

Catriona and Fe: Penguins!!! (Laughing)

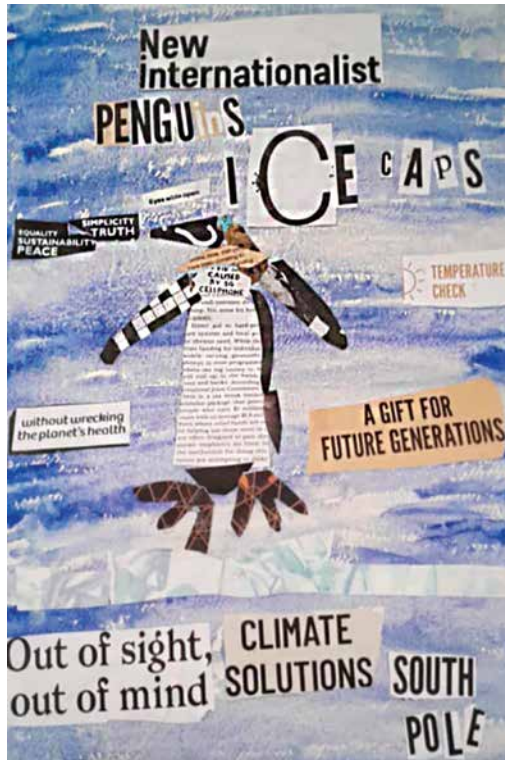
I'd like to introduce everybody to Pepper Penguin. How are you today Pepper?

Pepper - Fish!



What type of art do you appreciate, say if you came to the art gallery?

I really appreciate the modern stuff. You know how we've had the plant dreaming exhibition on and that's been focusing on how plants can help the environment and also help us. I've really been fascinated by that theme and actually I started a project, before I saw the exhibition and it was on global emergencies, such as deforestation, etc and I based it around animals, so for example I did the melting of the polar ice caps and I did the penguin and with newspaper cut outs. So, this is what I mean when art can be used for research as well as a form of expression.



You did the Arts & Minds annual Spotlight Exhibition. Was that for the first time exhibiting?

Yes it was.

What did you submit?

I think I called it 'A Penguin's Plea to Save the Environment' and it was to do with the melting of the polar ice caps and it had a penguin on it. I used a mixed media format for that. I used newspaper cuttings to get letters. I also used water colour as a background and I think that it complimented the newspaper quite well because it made the newspaper stand out and the message, which is what I wanted my artwork to do.



Would you like to work in the arts?

That was the original plan, yeah. Originally I wanted to become a curator, but since then I thought that my skills lie better in post graduate research, purely because - I think I'm

very academic focused and I want to create material for the museum, not necessarily set them up. So I've been kind of looking into archival roles and art space roles, but we'll see.

Are there any other types of art mediums that you haven't tried, that you'd like to try out?

At the moment I'm doing a mosaic course at Swarthmore, because I do like to branch out into different areas. I feel that art shouldn't be narrowed down to one medium. It's a lot like my studies actually. Catriona can you focus on one thing for your dissertation? Nope! I had to pick them all, so I did! I just feel by doing so you can have a broader outlook as to the context of the piece, but you can also hone in on one specific thing and also find out more about that instead of just focusing on one specific thing. For example, my dissertation was on lilies in the Middle Ages and instead of focusing on lilies as a religious symbol, I also focused on lilies as an agricultural and the properties around that and people placed them in their gardens, what they were used for and kind of the imagery around that. It was so complex, but that to me kind of defines art, because something so simple could have such a complex meaning behind it.

Are there any artists that you particularly like?

A few years ago, I did an Open University kind of History of Arts course. I was really interested as a historian to go through history and see how the different styles changed, how it's not changed. I think I'm particularly interested in Claude Monet, an impressionist. Like I said, I'm also interested in more modern pieces, which tell a very

important story, but also have that artistic outlet. So it's not just a newspaper I'm looking at, it's a piece of art.

You're doing your mosaic course right now, but what's your next art adventure going to be?

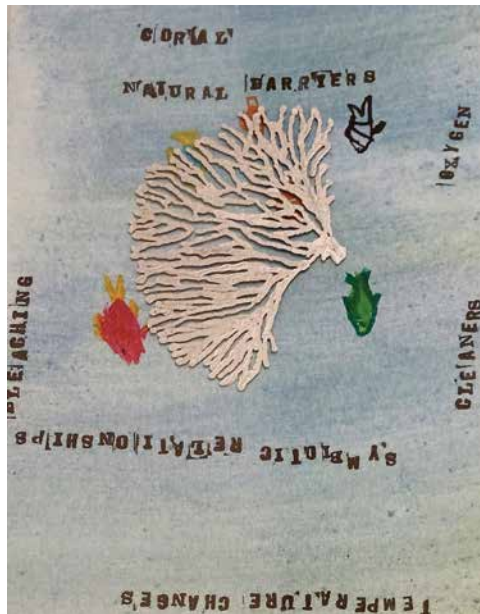
Well, actually I was hoping to do the supported painting and drawing course at Swarthmore, but it depends on whether or not they have spaces. At the moment I'm also continuing the mosaic because I've started on a medieval project, where I look at vestries and the images from them. A vestry is a compendium of fictional annual beasts. For example I've chosen an owl and it's from a particular manuscript, so I'm replicating the image of the owl in mosaic form. It is very difficult because the pieces are so



small, but I'm really enjoying it.

What is your favourite thing about Arts & Minds?

I would say the inclusivity, because one thing that I found that when I attended the group for the first time, was that there were so many different people in terms of age, in terms of support needs. It was just really welcoming environment and I've really struggled to find a group like that elsewhere.



Thank you Catriona and Pepper Penguin!

Article by **Fe** and photos from **Catriona McKell**

LIFE DRAWING MEETS BODY ART AT THE MILL GALLERY



The Mill Gallery in West Leeds staged its first Life Drawing session of 2026 in January and I was delighted to be there as the official photographer. The model was Craig Dyson who can be followed on Instagram [@tattooed_nude](https://www.instagram.com/tattooed_nude) and who was drawn by Wendy Barratt the winner of Sky Arts "The Portrait Artist of The Year".

Craig brings life drawing and body art to an incredible crescendo of forms and colour. This was a new genre for me to photograph and as usual I wanted to do some research

before attending. What I found out and talking to Craig at the session was very interesting and has encouraged me to study further in the future.

Life drawing is described as the practice of sketching the human form from a live model, has been a cornerstone of artistic training since antiquity, evolving from a tool for religious and mythological realism in the Renaissance to a foundation of academic rigor by the 18th century, before adapting to modernism's diverse, expressive techniques in the 20th century.

The Renaissance period covering the 14th and 16th centuries saw a major shift towards realism, with artists like Leonardo da Vinci and Michelangelo emphasizing the study



of anatomy, proportion, and perspective. The human body was considered the highest subject for artistic study. In the late 19th and early 20th centuries, artists like Degas and Cézanne challenged strict academic norms, using life drawing to capture movement, light, and personal expression rather than just ideal, static forms. While no longer the sole foundation of art education after the 1960s,



life drawing remains a vital, enduring practice, incorporating both traditional techniques and digital methods to understand form and structure.

The term “Body art” can be traced to the early 20th century. The forerunners were the avant-garde artists. In 1913 Russian Futurists (Ilia Zdanevich, David Burliuk, Mikhail Larionov, Natalia Goncharova) performed an action in Moscow streets with painted faces and later printed the manifesto “Why do we paint ourselves?” in Russian magazine “Argus”. The Vienna Action Group was formed in 1965 by Hermann Nitsch, Otto Mühl, Günter Brus, and Rudolf Schwarzkogler. They performed several body art actions. In the United States Carolee Schneemann, Chris Burden and Vito Acconci were very active participants. Acconci once documented, through photos and text, his daily exercise routine of stepping on and off a chair for as long as possible over several months. Acconci also performed Following Piece, in which he followed randomly chosen New Yorkers.

In France, body art was termed art corporel and practiced by such artists as Michel Journiac, Orlan and Gina Pane while in Italy in the 1980s, one of the famous artists in the movement was Ketty La Rocca.

Artists whose works have evolved with more directed personal mythologies include Rebecca Horn, Youri Messen-Jaschin, Javier Perez, and Jana Sterbak. Craig only started having his body as a living canvas six years ago. He attended the tattooist Ben Vickers at Gold Room Tattoo Studio in Leeds, every two to three weeks to create the amazing body imagery he now possesses.



Craig admits he felt very self-conscious and vulnerable and describes it like an out-of-body experience. Now, he usually forgets all about his nudity and receives great feedback on his poses. Many of his poses are based on the Austrian painter Egon Schiele's work which make them quite angular and dynamic, he also uses his hands a lot. Seeing Craig in action and I can vouch he is a fantastic model who puts artists and photographers at ease and makes the whole session enjoyable and stress free.



For the model the sessions are very physical and Craig feels a responsibility to get into interesting and adventurous poses that will inspire the artists. Although he never feels bored while posing, he sometimes wishes a pose would end as when he stays in any position long enough, it can become uncomfortable. After some sessions he has had

dead legs that have taken days to recover, as well as regular back and neck ache.

While some more traditional classes refuse to hire him because of his tattoos, other artists want to draw a model who's a bit different or will inspire them to be more expressive with colour. Craig forces them out of their comfort zone and that's really rewarding for him as a model. Becoming a life model has

changed his life. He now travels around the country, mixing in artists' circles and feeling more like an insider in the art world. Having used to visit exhibitions he is now in them and enjoys meeting the artists afterwards. Some artists give him their work afterwards and he displays the best ones in his studio flat, though he does turn them to face the wall when his mum and sister visit!



Article and photos by **Paul Abraham**
www.paulabraham.info

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 about the workshops, email info@artsandmindsnetwork.org.uk. Sessions are free but booking is essential as there is a limit on numbers so please get in touch if you want to come along so we can help you with booking your place.



CITYWIDE EVENTS:

Every Tues from 28 Apr to 19 May 2026, 10:30am-12:00 noon

Free Stop Motion for Storytelling Workshop

A four-week creative workshop exploring storytelling through stop motion animation. Armley Community Hub and Library. 2 Stocks Hill, Leeds, LS12 1UQ, **FREE - ONLINE REGISTRATION REQUIRED**

Sat 2 May 2026 - Mon 4 May 2026

Roundhay Artists Open Studios Art Trail 27 artists will be showing their work in their homes and studios and at St Andrews & St Edmunds churches and at Oakwood Church hall. Starting at St Edmunds Church, Lidgett Park Road, Leeds, LS8 1JN **FREE**

Sat 9 May 2026 - Sun 10 May 2026

Art in Your Eyes A weekend of Art with a selection of more than 50

artists displaying paintings, photography, ceramics, sculptures and glassware. Holy Trinity, Boar Lane Leeds, LS1 6HW, **FREE ENTRY**

Fri 15 May – Sun 30 Aug 2026

Phantasmagoria: Folkloric Sculpture for the Digital Age Exhibition working across sculpture, moving image, performance, video games and installation, work shares a fascination with the collision of folklore and contemporary digital culture. Sculpture Galleries, Henry Moore Institute, Leeds, LS1 3AH **FREE**

Mon 18 May and Mon 3 Aug 2026, 2-4pm

Pages of the Park Community Cabinet of Curiosities Creation with Nat Hues

A series of small, welcoming sessions will explore how spending time

in the park can spark imagination, encourage self-expression, and build confidence. Together we'll experiment with visual art, sound, and storytelling and reflect on our connections to our local environment. Left Bank Leeds, Cardigan Road, Leeds, LS6 1LJ
£4 - £6 - ONLINE TICKET REQUIRED

**Sat 23 May 2026,
7:30-9pm**

I'm Muslamic Don't Panik!

Bobak invites us to join him on a heartwarming journey to accept his own heritage, against a media culture which holds fast to the idea that the Middle East is a frightening and dangerous place. The Warehouse In Holbeck, Crosby Street, Leeds, LS11 9RQ **PAY AS YOU FEEL, DONATE AFTER THE SHOW**

**Saturday 23rd May 2026
11:00am-3:30pm**

Seven by Seven A friendly

Leeds based open decks vinyl playing session. Bring along and play 7 of your 7" 45rpm vinyl singles! No DJ skills required and if you just want to come along to listen, you will be warmly welcomed! Bar available. Leeds Central Library, Municipal Buildings, Calverley Street, Leeds, LS1 3AB
FREE - ONLINE TICKET REQUIRED

Sat 23 May 2026 - Sun 6 Jun 2027

Untangled Untangled transforms the museum's historic mill spaces into a nature-inspired artwork, and branches out to the Colour Garden in our newly opened grounds. As you wander through the old woollen mill, echoes of industry meet the soft, tactile world of felt. Each piece invites you to explore the deep-rooted connections between nature, craft, and machinery. Leeds Industrial

Museum Canal Road, Leeds, LS12 2QF **£3.50 - £6.40**

Sun 7 Jun 2026 1-3pm

Leeds Ceramics Market at Sunken Studio You'll find an array of small-batch, one-off pieces that are thoughtful, personal, and often quietly experimental. Available to purchase. Sunken Studio, Unit 3, Sovereign House, Butterley Street, Leeds, LS10 1AW,
FREE ENTRY

Until Sun 28 Jun 2026

For the Love of Textiles at Sunny Bank Mills

This exhibition features beautiful wedding dresses from around the world, death masks, miniature pocket alters, emotion filled quilts and stunning examples of skill all done in the name of love. Sunny Bank Mills, Town Street, Farsley, Pudsey, LS28 5UJ
 Opening times: Tue - Sun, 10am-4pm. Closed on Mondays. **FREE ENTRY**

2nd Wed of the Month until 2nd Dec 2026, 6-9pm

Zine Make and Share with Bethan!

An open zine club, happening every 1st Wednesday of the month, facilitated by local Leeds artist Bethan. Supplies provided and idea prompts for inspiration. Suitable for all levels and abilities. Left Bank Leeds, Cardigan Road, Leeds, LS6 1LJ

FREE - ONLINE TICKET REQUIRED

Last Weds of the Month, until 24 Jun 2026,

5-7:30pm

Open Mic Night

Whether you're experienced or just want to try something new, this is your chance to hop on stage and show what you've got in a super chill, welcoming environment. No pressure, just good vibes and people. Leeds Central Library, Municipal Buildings, Calverley Street, Leeds, LS1 3AB - **FREE - ONLINE REGISTRATION REQUIRED**

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 get in touch using the details below. You are welcome at any of our events or workshops and you can join Arts & Minds for free at: www.artsandmindsnetwork.org.uk/join-us

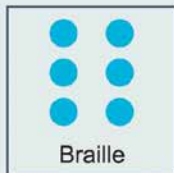
email: info@artsandmindsnetwork.org.uk

website: www.artsandmindsnetwork.org.uk

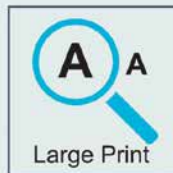
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