



Arts and Mental Health Mapping Project
May- December 2003

Produced by Escape Artists
with the support of the Cambridgeshire and Peterborough
Mental Health Partnership NHS Trust

Photography

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Cambridge

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Works with people with moderate learning disabilities, integrated groups, people recovering from mental illness, people in mental health units, ex-offenders, other disadvantaged groups.

Photographer/artist and community artist. Has worked as a workshop leader/ co-ordinator and has worked closely with women from **Corona House Hostel** (for single homeless women). Here she ran a workshop exploring aspects of the women's lives resulting in a video piece and an exhibition. Was also artist in residence for an archaeological dig that the group took part in at **Fulbourn Hospital**. This work was then incorporated into a performance entitled 'Living the Fragments' by the Freudian Slips, a women's theatre group. This performance examined, in depth, the fragmented lives of its participants. Will be working with members of the hostel again in 2004 on arts project.

Worked for Cam City Council as a Neighbourhood Arts Worker (1992-1997). As part of the Cambridge City Council Safer City Project worked with women on a local estate discussing issues around personal safety, domestic violence, self-defence and rape. Produced an exhibition called 'Stepping Out' which explored these issues and which included stories and statements from each group member.

For the Fenland Arts Project, Kay worked with people with learning difficulties in Wisbech looking at their experiences of independent living, their jobs, their homes and their relationships. Produced a series of posters that were displayed around the community.

Has worked with young people at risk as well as the elderly and those with learning difficulties. Currently teaches photography part-time at Hills Road Six Form College and working with the **Castle project** in Gwydir Street, running some photographic workshops and planning an exhibition of their work in the autumn 2003.

From September 03 started working with Cambridgeshire Smart (Skills Motivation through the arts) programme, with Nacro participants in Wisbech and Huntingdon and Surestart participants in Chatteris.

Visual Art

Alan Hudleston

46 Tenison Road
Cambridge
CB1 2DW
Tel: 01223 560234

Qualified and experienced art teacher. Works at Ditchburn Place, **Cross Border Arts** (part of their Art as Care project), Hinting Grange, the Alzheimer's Society (working with dementia sufferers) and with **Friends of Fulbourn Hospital**. Concentrates on using murals and decorative works.

Visual arts

Angela Brewer

9 Tea Kettle Lane
Stetchworth
Newmarket
Suffolk
CB8 9TP
Tel: 01638 508877
e.mail: turquoise.purple@tesco.net

Artist in residence at **Fulbourn Hospital** from 2000 onwards.
2002-2003 worked at **Mitchell Day Centre** on textile project
2003 onwards mosaic and textile projects at Vocational Services
2003 **Deighton Day Hospital** textile project
2003 mosaic group with a young-onset dementia group.
Friends of Fulbourn, as part of the Millennium Arts Project, have set up these groups. However, the Deighton Day Hospital and the Vocational Services group are now paid for by the hospital.
The participants for these groups are patients or clients of the hospital or the day services.

Visual arts

Caroline Wright

Unit 20C
Charles Industrial Estate
Stowmarket
Suffolk
IP14 5AH
Tel: 07970 715839
e.mail: carolineart@hotmail.com

I have worked in the arts/health field quite a lot - never specifically with mental health patients although I in the process of working with Rachel Nightingale of Suffolk Artlink on just such a project which is part way through the funding application procedure.

Further projects; a residency at the Royal London Hospital and a future project for 2003/4/5 based at Addenbrookes Hospital working with language and speech therapy patients. I have also collaborated with a deaf person on a sound work and have been part of a research project for Colchester Institute MA in health and the arts looking at the skills requires by recent graduate for work in this area.

Visual arts

Jenny Eadon

Cambridge Artworks
5 Green Road
Cambridge
CB4 3EF
Tel: 01223 562526
Mobile: 07967 122138

jenny@jeadon.fsnet.co.uk

Short project with the Lady Adrian School in Cambridge which caters for pupils with both physical and mental health problems. Lasting 2-3 days. 129 children enrolled at the school aged 6-16.

Head Teacher Ms K Taylor
The Lady Adrian Special School
Courtney Way
Cambridge
CB4 2EE
Tel: 01223 508793

Visual Arts

Roger Symonds

e.mail: gotfocus.supanet.com
www.gotfocus.supanet.com

Visual artist and organizer of general arts project at **Bowthorpe Centre** Wisbech

Visual Arts

Zoë Chamberlain

Jubilee Cottage
49 The Causeway
Burwell
Cambridge
CB5 0DU
tel/fax: 01638 601667
e.mail: zoe@zoechamberlain.com

Visual artist. Has worked for **Cross Border Arts** but several years ago. More recently has carried out a one week project with the eating disorder unit at **Fulbourn Hospital**. August 1999 Phoenix Centre Eating Disorder unit, Fulbourn Hospital Cambridge – Sculptural Textile Project. A week long project funded by South Cambridgeshire District Council working with group of girls aged between 13 and 16 years. The project, which focused on creating a series of aerial shapes to enhance the living room space, aimed to occupy the girls during non-structured summer holiday time, whilst enabling creative development, and helping to build confidence. Using a combination of heat transfer dyeing and bonding the girls were able to 'loosen up', working for the first time as a group to create their abstract underwater shapes.

Textile and metal artist

Lynn Reynolds

Meadows End
22 Hall Drive
Hardwick
Cambridge
CB3 7QN
Tel: 01954 210224

Professional artist, covering feltmaking, weaving, dyeing and metal work. Artist-in-Residence at **Friends of Fulbourn** from October 2003 onwards running felt/textile projects involving people with young age dementia. Since 2002 has been involved in 'Open Doors' : linking arts and basic skills for people with long and enduring mental illness. This weekly group meets at Bassingbourn and Comberton Village Colleges with local exhibitions of completed work. Since 2000 has worked with groups from sheltered housing and referrals from the Community Resource Team based in Melbourn, both groups funded by Comberton Village College.

Textile Arts

Deanna Tyson

Art on Silk
 Nobles Barn
 1 The Bourns
 Fulbourn
 Cambs.
 CB1 5BL
 Tel: 01223 500552 mob: 07770 403816
 Fax: 01223 240828
 e.mail: Deanna.tyson@excite.com
www.deana-tyson.com

Silk painting with anorexic teenagers. One day course at Pheonix House, Fulbourn prior to 2002.

Qualified teacher and experienced artist. Would be interested in doing more works in arts and mental health.

*I work primarily with textiles, my speciality is hand painted silk and calico that often takes on 3D or soft relief form.
 I teach painting (acrylics & oils), drawing & City and Guilds Art and design and silk painting to adults
 I have run children's workshop in collage, painting, banner making, paper lanterns and silk painting
 I have led story sack making activities both with primary school parents and an Asian women's group.
 I have designed and am involved in the making of costumes for a musical, dance theatre production of the Fisherman and His Wife to be premiered in Germany.*

Textile Arts

Rachel Hankinson

Cool Hands Arts Co.
 18a New Street
 Godmanchester
 Huntingdon
 Cambs.
 PE29 2JQ
 Tel: 01480 412001
 e.mail: coolhands.arts@virgin.net

Is currently working with people with dementias at Hillings Residential Care Home in Eaton Socon. Runs ongoing art sessions at Goldhay Arts for people

with learning difficulties. They produced an exhibition, 'The Breath of Life', displayed at Peterborough Museum and Art Gallery. Is seeking funding for an arts project with users of the mental health system at present (July 2003).

I take on projects with people, children and adults, who have multiple emotional, social, physical and mental limitations as I enjoy confronting negative expectations and fears (in myself as well). I have run groups in a Secure Unit for teens but not in a prison as yet. I am always interested in trying new things, work settings etc. and staying flexible. I would like to be in touch with what others are doing, get some more dialogue with other artists about why we do it.

Music

Daniela McDermott

1 Fletcher's Terrace

Cambridge

CB1 3LU

Tel: 01223 476771

e.mail: danmcdrum@hotmail.com

Ran one off workshops for Cam County Council for mental health outpatients. June 2003 just completed a 30-week drumming skills course for adults with learning difficulties (funded and managed by Cambs ALDD Service). Took place at St Michael's Centre, Huntingdon & Bargroves Centre, St Neots. Participants were users of either centre. The workshops involved using the instruments in a variety of contexts. Sometimes in 'relay races' (geared towards the lesser abled) and other times rhythmical jamming including singing.

Music

Bev Sedley

97 Hills Road

Cambridge CB2 1PG

Tel: 01223 368845

mobile: 07773 862982

Email: bev@naturalvoice.net

Runs a world music harmony singing group at **Lifecraft**, a self-help mental health organisation. This group performs regularly locally. It is free and open to anyone who has used mental health services and would like to sing. Bev also runs a lunchtime drop-in singing group at St Paul's Centre (Hills Road, Cambridge) on Wednesdays which is open to anyone and particularly encourages people who use mental health services to come (cost £2). Bev is a member of the Natural Voice Practitioners Network and sings in several community choirs locally. She also helps to organise local community music events which include people with mental health issues.

Lifecraft

The Bath House
 Gwydir Street
 Cambridge
 CB1 2LW
 Tel: 01223 566957
 email: Lifecraft @connectfree.co.uk

Lifecraft, which is a self-help mental health organisation, has various creative projects. It has a big visual arts project, "Moving Art", which started with an exhibition at Lifecraft and is now moving on to other places around the country, some mental health venues and some public.

There is an acappella singing group which meets every Wednesday and has performed at several mental health events, including World Mental Health Day events. This started in July 2003 with Rowena Whitehead of Talking in Tune and Penny Lutoslowska and is now run by Bev Sedley.

There is also a poetry group which meets on Wednesdays and is facilitated by Tom Sheerin. The members of this group have performed their poetry publicly on many occasions, published books of their work and had a Radio Cambridgeshire half-hour programme devoted to them in 2002.

Musician/ Music Therapist

John C Preston
 Arts Therapy Department
 Box No 322
 Fulbourn Hospital
 Cambridge Road
 Cambridge
 CB1 5EF
 Tel no: 01223 218800 Wednesday/Thursday
 Fax no: 01223 218652
 e.mail: johnpreston1977@hotmail.com

Runs the following regular music therapy groups;

1. Open group for patients from Acute wards – Fulbourn Arts Therapy Department
2. Music workshop for patients from a secure unit – Fulbourn Arts Therapy Department
3. Individual Music Therapy – Fulbourn Arts Therapy Department

4. Staff Experiential groups – Fulbourn Arts Therapy Department
5. Closed Music Therapy for patients in the community – Cambridge Day Centre, 2 Trumpington Street
6. Music Therapy Group for elderly patients – The Princess of Wales Hospital, Ely.

All the above work is NHS funded.

The staff experiential groups. Are an opportunity to share information. To give the staff who often work alongside us in groups with very little time to debrief and reflect with us, a chance to explore the medium of music therapy, music making more, to think about the patients we all know in the context of music therapy and on the ward. It perhaps helps to build an alliance with potential co workers and create a space to question the medium. I guess it's whatever comes up we can go with.

Music

Andrew Matthews

5 Swann's Terrace

Cambridge

CB1 3LX

Tel: 01223 527318

e.mail: kaptainrok@hotmail.com

For several years has been facilitating a music workshop with mental health 'survivors'. The format is that of a band rehearsal although, because of the nature of the group, 'membership' fluctuates. They have an expanding repertoire of songs to perform, both cover versions which are chosen by the group, many times because of a pertinence to mental health issues, and an increasing amount of original material. Performed at Strawberry Fair, Green area, 2003. *Politically as well as musically motivated band. Public support works wonders for participants self-confidence. A strength of the workshop is that it is unconnected to the mental health establishment, and survivors are given both a relaxed environment to be expressive and a much-needed forum for their dissatisfaction with the system as it stands.* Andrew plays bass and John Wright (Cam 262034), another facilitator, plays guitar. Participants are encouraged to join by promotional exercises in pertinent areas by the staff OF Huntingdonshire MIND. The workshop takes place at Huntingdon Youth Centre on Wednesdays between 11am and 1pm, during college term times. Funded and managed by Cambs ALDD Service.

Multi-Media

Nick Ellis

183 Sturton Street
 Cambridge
 CB1 2QH
 Tel: 01223 500506
 Mobile: 07768 858000
 Fax: 01223 476028
Nick.ellis@ntlworld.com
info@nickellis.co.uk

Works with all from age 11 onwards including disadvantaged groups. *I have developed a specific technique which combines theatre with illustration. A typical example is 'Pirate Jenny' a multi-media poperetta based on the Brecht/ Weill song from the 'Three Penny Opera'. This mixes a complete musical score along with the text, backed up by over a thousand back-projected animated illustrations which take the place of the scenery, the props and sometimes, even the cast.* (taken from the Cross Border Arts artists' directory)

Multi-Media

Penny Lutoslawska

19 Greville Road
 Cambridge
 CB1 3QJ
 Tel: 01223 510049
 e.mail: penny_lutos@hotmail.com

Singing workshops at **Fulbourn Hospital** in 2002 with **Escape Artists**. Yoga instructor, Natural Voice Practitioner, Artist & Musician. Involved in a wide variety of Community settings, from Primary school to Sixth form colleges including special needs groups (both adults and children). In 2003 ran Sunday afternoon children's activities at **Michaelhouse Centre**, Cambridge; songs, stories and games from around the world. Singing project at **Lifecraft**, Cambridge to celebrate their 10th anniversary. Singing with Senior Citizens of Cambridge in various Day Centres. Cambridge Storytellers, weaving songs into stories. Special needs yoga group with adults at **Horizons Day Centre**, meets regularly. Talking in Tune Cambridge helped in organizing concerts and community events. In Primary schools ran art activities, particularly feltmaking.

Creative Writing

Michael Burrell

44 Wertheim Way
 Stukeley Meadows
 Huntingdon
 Cambridgeshire
 PE29 6UX
 Tel & Fax: 01480 454778
 e.mail: mpb@wertheim44.fsnet.co.uk

Worked with Roberta Hammond, Education and Community Manager at the **Cambridge Arts Theatre** on their 'Connecting People' project, an outreach writing development project that targeted young people who are outside of mainstream groups. Aiming to help young people find their voice by helping them to write their own material and then perform it.

Michael is currently working with the Pheonix Writers preparing new work (poetry) for public reading at the Play Room (part of the Cambridge Arts Theatre) and at a venue to be decided in Wisbech. Pheonix Writers are all members of the **Bowthorpe Centre**.

In 2003 Michael undertook projects with young people, some of whom had anger management and other emotional/social problems. One group was the **Milton Youth Club** who he is about to start with again on a second project. Another was **Red Balloon**. Both of these groups worked towards the writing of a dramatic piece with Michael. The participants then gave rehearsed readings of their work at the Play Room in Cambridge. The projects were funded by SCDC.

Creative Writing

Tinch Minter

The Beren
 Comberton Road
 Toft
 CB3 7RY
 Tel: 263950
 Fax: 263688
 e.mail: Tinch.Minter@btopenworld.com

Has worked as a creative writing tutor at Croylands Day Centre (see separate later entry) since 2000. Funded and managed by Cambs ALDD Service. In November 2002 they staged an event, 'Lighting up the Talents' at Ely Cathedral (see separate later entry) - featuring the clients' writing and music.

Two of the poets from Croylands have been published, Maureen Cahill & Simon Duffen, & had their work launched publicly

Creative Writing

Teresa Benison

117 High Street
 Chesterton
 Cambridge
 CB4 1NJ
 Tel: 01223 474434
www.benison-writer.com
 teresa@benison-writer.com

Works with people of all ages and those with moderate learning disabilities. *Whether working with adults or children I am concerned to encourage them to flex their creative muscle. I believe active writers make active readers and to this end I work on exploring the magic of language, re-imagining and re-creating personal landscapes and using all the senses to tell stories as impressively and effectively as possible.* (taken from the Cross Border Arts artists' directory website.) About to embark on mental health project with **Continuing Education at Madingley**.

Creative Writing

James Murray-White

40 Carisbrooke Road
 Cambridge
 CB4 3LR
 Tel: 01223 365071
 e.mail: jmurraywhite@yahoo.com

Runs creative writing workshops. Activities 2002-2003 include; Rosetta Life at Cambridge Hospice, for group of Senior Citizens (created document of clients stories, encouraged imagination & reminiscence, clients were established Daycare centre users)

I'd be delighted for you to pass my details on to organisations ; always keen to get interesting work in the arts, although I've just moved to Bristol (new address : 32 Bellevue Crescent, Clifton Wood, Bristol BS8 4TE mobile : 079 666 77613). I'm happy to do work in or around Cambridgeshire - can always stay with my mum, but would need a bit more notice etc, particularly if juggling it with work/projects here. But yes, please do keep me on the database etc. NB I narrowly missed getting the p/t post of Writer in Residence post at HMP Leyhill here (through Writers in Prison Network/Clive Hopwood).

Involved in **Cross Border Arts**, Art of Care Project for Alzheimers Clients

(project conceived & co-ordinated by CBA, to include 4 artists from different yet complementary disciplines, recruited through their database, to work with up to 10 clients and carers for day-long sessions, held at St .Paul's Centre, Cambridge). Clients drawn from Fulbourn Psychiatric hospital, Cambridge (is registered with the Arts project, but to date yet to begin sessions- as of July 2003.)

Previously has worked with clients with Huntingdons, Parkinsons & mental health sufferers

Currently applying to Arts Council for funding to initiate and run workshops, and the Writers in Prison scheme, for autumn residency.

Story Telling

Peter Hilken

78 Chesterton Road

Cambridge

CB4 1ER

Tel: 01223 709769

Peter.hilken@ntlworld.com

Works with people with moderate learning disabilities and people recovering from mental illness. Has worked with the **Friends of Fulbourn**. (For full report on this please see appendix)

Pottery

Bob Race

77 Frog End

Shepreth

Royston

Herts

SG8 6RF

e.mail: bob@inkypot.com

Potter in residence at Fulbourn Hospital, funded through the **Friends of Fulbourn**, facilitating pottery workshops. Has artists space at **Wysing Arts**. 'Extensive experience of working with wide variety of end users - ranging from 20s to 70s, Aspergers, dementia, schizophrenia etc - and of working in different situations from secure units to CamMind's community centre.'

Landscape Designer

Ken Davis

Forty Farm
West Row
Bury St Edmond's
IP28 8RG

Works with the Friends of Fulbourn Hospital on their horticultural project: working with early onset dementia patients.

Printing

Louise Williams

Skylark Studios
Hannath Road
Tydd Gole
Wisbech
Cambridgeshire
Tel: 01945 420403
louise@skylarkstudios.co.uk

Skylark Studios is an art gallery and workshops owned and run by Louise Williams. Skylark Studios was created in 1993 when she converted a listed but derelict barn into an art gallery and printmaking studio. It is here that Louise continues to work, organising exhibitions by a variety of artists, running art classes, and creating her etchings, screenprints and linocuts. Louise does run classes for participants with learning difficulties which the group usually rings up to arrange.

Drama

Miles Foster

Co-Director Peregrine Theatre
Hale Fen house
1 Hale Fen Lane
Wardy Hill
Cambridgeshire
CB6 2DS
t: 01353 77 50 37
t/f: 01353 77 50 43
e: enquiries@peregrinetheatre.co.uk
w: www.peregrinetheatre.co.uk

1. Oct. - Nov. 2002.

Course of drama workshops for users of the mental health system conducted at day centres in Cambridge and at **Fulbourn Hospital**. Organised by **Escape Artists**.

The participants included a wide range of ages and abilities, with nurses and careworkers also participating. Feedback was extremely positive and there was considerable enthusiasm for a follow-up course.

2. Feb. - March 2003.

Series of drama workshops for Kringe Festival Theatre, an amateur company formed by users of the mental health system and under the aegis of **Lifecraft**. Peregrine was asked to lead these workshops in order to facilitate a production of the first act of 'Waiting for Godot', which Kringe was working towards and which subsequently took place at Cambridge Drama Centre. Participants for both projects were drawn from in and around Cambridge.

Dramatherapist

Sophia Condaris
2A Conway Road
Southgate
London
N14 7BA
Tel: 0208 8860 396
Mobile: 07947 056 051

Dramatherapist working 2 days a week at Fulbourn Hospital, who is also a keen storyteller. She would be keen to do more work in Cambridge. Met with Christina in August, is very interested in the mapping project.

Organisations contacted

The Rowan Foundation
38-40 Humberstone Road
Cambridge
CB4 1JG

Arts training and work given to adults with learning difficulties. They design and produce ceramic sculpture, woodcarving and furniture. Work can be made to commission.

More than 40 years of successful work at a psychiatric rehabilitation unit will be celebrated with an art exhibition next week. Winston House, in Brooklands Avenue, Cambridge, is part of the social care charity, 2Care. It opened in 1960 to offer local rehabilitation for adults with mental health needs and dementia.

The exhibition, featuring work by some of the service users, is on a national tour. It can be seen in Cambridge at Rowan Arts. ('Cambridge Town Crier', 7 November 2003)

Anglia Polytechnic University

East Road
Cambridge
CB1 1PT
Tel: 01223 363271
www.anglia.ac.uk

Via Bob Reeve. Judy Hicks, course tutor on Social work course, rang to say that her students could opt to take modules in the use of creative arts in care settings which has led to students from APU working up at Fulbourn Hospital.

Essentially, APU is involved with Arts and Mental Health in different ways. I can't speak in detail for all but certainly Helen Odel-Miller as Director of the Music Therapy Programme is definitely engaged in this field.

*I teach a 10 credit module entitled 'The Use of Creative Arts in Care Settings' as part of the professional Social Work Training/as from September this will be the BA Hons Social Work. This module considers four arts mediums: drama, dance, music and visual art and combines theoretical discussion about each art form with a practical, experience of them. This includes a day exploring movement work, for example, and discussion about how this can be used in different settings-including mental health. The students go to **Fulbourn Hospital** and spend a morning with the drama therapist to experience and discuss how drama can be used with mental health service users. They consider things like how to use artefacts such as stones and dolls and plastic animals as tools of assessment and how drama can be used to explore the roles we adopt in our everyday lives.*

Students go out on placements (although some may already be working in mental health settings as we have a part-time route) to a range of places:

Lifecraft placements

Mind in Peterborough/The Mosaic Centre

Mental Health Day Centre-The **Bowthorp** in Wisbech

Cambridge **ClubHouse**

Community Mental Health Teams across the region. Of course some students use paint, sand and clay work with young people either in places like Glebe House near Haverhill which cares for young men who are perpetrators of sexual abuse, or with the LAC (Looked After Children) Teams in Social Services- whilst these are not specifically seen as 'mental health' settings, in many ways mental health issues are much broader than the traditional psychiatric institutions.

Much art work is used with children who have witnessed domestic violence or been the subject of abuse and our students do this work in many different places- family centres, refuges, contact centres etc.

Mind

38 Burleigh Street
Cambridge
CB1 1DS
Tel: 01223 302926

Peterborough & Fenland Mind

439 Lincoln Road
Millfield
Peterborough
PE1 2PE
Tel: 01733 758211
Fax: 01733 567192
email: pfmind@btconnect.com

Hunts.Mind

The Community Unit
Primrose Lane
Huntingdon
Cambs PE29 1WG
Tel 01480 415371
Fax 01480 415363
E-mail: huntsmind@hotmail.com

Helping people with mental health problems move towards a better life in society by:-

- Promoting the dignity, well-being and self-determination of people suffering mental distress.
- Seeking improvements in the support and treatment of people with psychological and emotional difficulties and ensuring that the causes of those problems are addressed.
- Providing effective quality services as defined by the people who need them.
- Raising public awareness about mental health.

In conjunction with Cambs ALDD Service offers 'Choices': a series of Arts taster sessions throughout the year. This drop-in service was designed to help people gain confidence and re-establish self esteem by participating in a number of arts subjects.

The Bowthorpe Centre

North Cambs Hospital Site
 The Park
 Wisbech
 Cambs
 PE13 3AB
 Tel 01945 582840
 Email: bowthorpe@callnetuk.com

Cambs ALDD run 30 week courses for people who attend the Bowthorpe Centre. One of these courses, which is now based in the Wisbech Museum, enables learners to develop their writing and research skills on a chosen topic e.g. Local or Family History. The resulting CD has been sent to Local Tourism Offices, Libraries and other community groups.

The Croylands Day Centre

The Manager
 Mrs Paula Martin
 30 Cambridge Road
 Ely
 Cambridgeshire
 CB7 4HL
 Tel: 01353 616044
 Fax: 01353 616055

Croylands is jointly funded by Social Services and Addenbrooke's NHS Trust. It provides support for adults with long-term mental health problems in the North rural sector. Activities include creative writing and art. See entry on artist **Tinch Minter** who works here.

Cambridge Clubhouse

47 Norfolk Street
 Cambridge
 CB1 2LD
 Tel: 01223 329832/ 359561

The Clubhouse is one of an international network of centres providing support, training and employment opportunities for people recovering from mental illness. Helps over 100 people with a wide diversity of mental health problems. They have their own art-room for users. Works in partnership with other user-led centres such as **Lifecraft**. Lisa Chalkley and Fabien le Pabic, members of Cambridge Clubhouse, are two of the artists showing work at the Wet Paint Gallery in Cobble's Yard, Napier Street (6-10 October 2003) to mark World Mental Health Day. The Clubhouse is also mounting an event at the Grafton

Centre on 8 October to bring together local organizations involved in mental health. This is aimed at increasing public understanding of mental health issues and promoting the support that is available.

Turning the Red Lights Green

Lode Road

Bottisham

Cambridge

CB5 9DL

Tel: 01223 811662 & 01223 811496

Fax: 01223 813015

e.mail: Karen.Bevan_Red2green@btopenworld.com

becka.allen@red2green.org

openminded@btopenworld.com

www.red2green.co.uk

Turning the Red Lights Green is a registered charity for people with disabilities. Within the charity there are now 12 projects. Each project supports a group of individuals with a specific disability into education, training, a vocation, work experience placements and for many into employment.

Open Minded is our project for people with or recovering from mental health problems in South and East Cambridgeshire. Participants are ages 16-65+ involved in a range of programmes and activities including arts. Long-running arts and crafts session at Bottisham every Wednesday afternoon from 2-5pm at the Youth and Community Centre.

There have been a range of arts activities offered over the last 12 months including paper making, screen printing, box making, computer art work, decoupage and currently group work involving making a felt screen for the Pheonix Centre at the Ida Darwin (funded by ADEC and South Cambs District Council).

The students are a range of ages and several have now left having gained enough confidence to move into employment, take on work as a volunteer locally and 2 others have since started to take external classes in computing.

The class is supported by a paid artist and Emma Green – local OT, Joy Hodgkinson – CPN and Becka Allen. The group meets for an hour before art starts to chat, use the computers and sometimes visitors – such as QEST. We are currently introducing learning programmes and have held exhibitions in Bottisham Library and in the Turning the Red Lights Green touring bus in July 2003. Inbetween term times the group still meets, but without the artist, instead going on trips together.

All students are welcome and participation is free. The organization aims to build confidence and provide a friendly ear for those wishing to talk. Previous students have come locally through Emma and Joy's contacts, from Cambridge Citizen's Advice Bureau, QEST and by word of mouth.

Open Minded is a project currently funded by the Adult Community Learning Fund and began in September 2002. Partners include; Community Education, East Cambs District Council Health Improvement, NHS Primary Care Trust, Cambridge and Peterborough Mental Health Partnership NHS Trust, Social Services, Turning the Red Lights Green, Richmond Fellowship, Vocational Services and Quest.

Red Balloon Learner Centre

Dr Carrie Herbert
49 New Square
Cambridge
CB1 1EZ
Tel: 01223 357714
Fax: 01223 366052
e.mail: carruth@nol.co.uk
carrieherbert@carrieherbert.co.uk

Secondary School for bullied children who are educated and, hopefully, restored to confidence, so that after a couple of years, they can re-intergrate with mainstream education and/ or work.

While a few of the students come from private schools, and their parents pay the tuition fees, most of the students who come here are funded by the Local Education Authority. They are assessed by Education Officers, psychologists and their GP and have often been out of school for a long period of time. The children who are referred to Red Balloon have suffered badly. They have been persistently bullied, beaten up or damaged in some way. Some of them have attempted to take their own lives by overdosing, cutting their wrists or threatening to jump out of a window.

There is a third group of children who would benefit from a period at The Red Balloon, but to whom we are not at present able to offer places. These children have been bullied and need time out of their situation, but have not come to the attention of the LEA because they have not suffered badly enough. They are looking for money to provide bursaries for such children whose parents cannot afford the tuition fees. They have a drama therapist to come in and work with the children two afternoons a week.

Friends of Fulbourn Hospital & the Community

11 Highfield Gate
Fulbourn
Cambridge
CB1 5HA
tel & fax 01223 881267
e.mail: acr-j@tiscali.co.uk
www.fofhc.org.uk

Chairperson of the Management Committee: Christina Rowland-Jones
Established in 1952 to support the care, welfare, rehabilitation and re-intergration of those suffering from mental illness who are, or have been associated with Fulbourn Hospital.

In May 2000 they established the ongoing Millennium Arts Project (MAP). The object of MAP is to place Artists-in-Residence on Hospital wards, in day centres and community settings, to provide pleasurable, meaningful activity and intellectual stimulation. This was funded by the Cambridge City Council and South Cambridgeshire District Council. Current funding from the Department of Health under their 'Opportunities for Volunteering' scheme.

Artists-in-Residence have covered music, dance, storytelling, creative writing, pottery, weaving, mosaics and art. The scheme has been widened to include a range of patients and illnesses and covering acute care and long-term patients. Artists working here: **Bob Race** (potter), **Angela Brewer** (community artist), **Nigel Preston-Jones** (storyteller) and **Ken Davis** (landscape artist).

Partnership with **Escape Artists** as part of the Edge Festival. Series of 4-week long arts workshops for the mentally ill, in Hospital and community settings. Provided new activities and extended activities already running, brought visiting artists in to the Hospital and forged stronger links with the local community. In November 2003 will be collaborating with the triennial **Cambridge Music Festival**, which is taking two workshops into the Hospital, one for adults, the other for older people.
(see Appendix)

Escape Artists

91 Cherry Hinton Road
Cambridge
CB1 7BS
tel: 01223 245945
01223 412695
fax: 01223 478140
houdini@escapeartists.co.uk

www.escapeartists.co.uk

Professional theatre company arising out of the Wayland Prison Drama Group in 1996. Provides a bridge from those on the fringes of society into training and work through. Works mainly with those connected with, or in danger of becoming involved with, the Criminal Justice System. Organises the biennial Edge Festival providing a platform and a forum for debate for those working in similar sectors. As part of the festival Escape Artists made links with the **Friends of Fulbourn** resulting in the extension of artists workshops here. Also organized a debate attended by more than 60 people at Addenbrooke's hospital. Currently working with Simon Gunton on an arts and mental health project. This involves holding a series of music workshops for mental health participants in community settings in Cambridge. The final piece to be publicly performed at King's College Chapel, Cambridge on 25th September 2005.

Institute of Continuing Education

Madingley Hall

Madingley

Cambridge

CB3 8AQ

Tel: 01954 280280

Fax: 01954 280200

The University of Cambridge Continuing Education department are currently (July 2003) trying to put together a project relating to mental health. **Teresa Benison** will be working with a more experienced practitioner as her mentor, with a view to taking over the project in subsequent years. Contact: Sue Oosthuizen
e.mail: smo23@cus.cam.ac.uk

Joan A Speers

Executive Director

Theodora Children's Trust

42 Pentonville Road

London

N1 9HF

Tel: 020 7713 0044

Fax: 020 7713 0066

info@theodora.org

www.theodora.org

Theodora Children's Trust trains and funds special clowns to work in collaboration with hospital staff in order to bring fun and laughter to children in hospital. They send in 2 trained clowns to work with sick children at **Addenbrooke's** every week.

An overview

In April 1994, the Swiss Theodora Foundation introduced two clown doctors to Gt. Ormond Street Hospital for Children, where they visited two days a week. By 1995 they had worked with 4,000 children. In 1996 they started at Guy's & St Thomas' Hospitals and the UK charity, Theodora Children's Trust, was set up to further expand this work. This programme was the first of its kind to be introduced to the UK, and is still the only such programme operating in England and Wales. In 2000, the Trust began to function in earnest: a full-scale training programme has been developed with King's College London, and clown doctors are now also visiting children at Addenbrooke's Hospital, Cambridge; the Manchester Children's Hospitals (Pendlebury and Booth Hall); Southampton General Hospital; the Royal Alexandra Hospital for Sick Children, Brighton, and the National Centre for Young People with Epilepsy, Surrey.

The programme

The hospitals involved in the Theodora Children's Trust programme receive weekly visits from clown doctors. The clowns begin with an impromptu session in the outpatients department and then move on to the wards, where they are briefed by the nurses on the condition of those children who would benefit most from a visit. They then wait to be invited by the child before proceeding. The clown doctors use their improvisation and entertainment skills to involve each patient as much as possible, ensuring that the child is not confined to the role of spectator but can participate in the magic and the activities. With tact and sensitivity, the clown doctors also involve the families and the medical staff in these sessions.

The training

Mastery of improvisation and entertainment techniques is the basis for eligibility to be a clown doctor. Among the essential qualities for this work are an ability to listen, sensitivity, emotional stability, dedication and professionalism. A complete training programme, run in partnership with King's College, London, includes medical and artistic workshops. Medical knowledge covers hospital procedures, infection control, a range of physical and psychological illnesses, and the structure of hospital paediatric services. It is important to know how to approach a sick child, and also involve the family and hospital staff without being intrusive. The candidates will already have many artistic skills such as magic, acting, story-telling, mime, balloon sculpture and juggling.

Lifecraft

The Bath House
 Gwydir Street
 Cambridge
 CB1 2LW
 Tel: 01223 566957
 email: Lifecraft @connectfree.co.uk

Lifecraft, which is a self-help mental health organisation, has various creative projects. It has a big visual arts project, "Moving Art", which started with an exhibition at Lifecraft and is now moving on to other places around the country. There is an acappella singing group which meets every Wednesday and has performed at several mental health events, including World Mental Health Day. (partly funded by a small grant (£1,385) for professional development from Awards for Artists through Sound Sense.) This started in July 2003 with Rowena Whitehead of Talking in Tune and Penny Lutoslowska and is now run by Bev Sedley.

There is also a poetry group which meets on Wednesdays and is facilitated by Tom Sheerin. The members of this group have performed their poetry publicly and been published.

**The Stained Glass Museum
 Ely Cathedral**

Ely
 Cambridgeshire
 CB7 4DL
 Tel: 01353 660347 or 01353 665025 (Office)
 curator@stainedglassmuseum.
 Mollyly Dyson [mandmdyson@callnetuk.com]

Molly Dyson, Education Volunteer at the Stained Glass Museum in Ely Cathedral, has worked with a number of different groups over the past eighteen months.

- *We did a two hour session with residents of Sue Ryder Care in Ely at The Old Palace. We looked at Stained glass, assembled some simple panels glass and spent time talking.*
- *We did a number of 'one off 'sessions with students from Highfield School for children with moderate to severe learning disabilities in 2002. These were very successful and led to us planning a year's activities with the school in 2002/3. It was necessary for us and the school to find funding for this.*

- *Sessions were held in the workshop area of the Museum and usually lasted 2 hours.*
- *In the Autumn of 2002, we explored Stained Glass with groups of children from 7 - 13. Each group did a 3 week module. We used the Gallery collection to inspire ideas and made glass mosaics, painted on glass etc.*
- *In the Spring of 2003, we ran a 9 week course for the leaver's class (aged 16 - 19) themed on Music and Glass.*
- *Students' work from this course was exhibited to the public for two weeks at the Museum and aroused considerable interest.*
- *Students were also involved with a professional glass artist in creating a glass installation for their new sensory garden at the school.*

There is now a professional education co-ordinator at the Museum who works one day per week (Fridays) and can be contacted by email at education@stainedglassmuseum.com / howard@stainedglassmuseum.com or by phone on 01353.665025

Cambridge Arts Theatre

Donna Young
 Education and Community Officer
 Cambridge Arts Theatre
 6 St. Edwards Passage
 Cambridge
 CB2 3PJ
dyoung@cambridgeartstheatre.com
 Tel: 01223 578926/7
www.cambridgeartstheatre.com
info@cambridgeartstheatre.com
rhamond@cambridgeartstheatre.com

Reply from **Roberta Hamond, the Education & Community Manager**, They do a lot of work in this area. From current brochure (August 2003 – January 2004); The South Cambridgeshire District Council Sheltered Housing Panto Project, in its 7th year. Phone 01223 578926 for details. 29 July, LC spoke to Jessica. Try to work with different groups each year but always from shelters for elderly people. They are currently researching partnerships for this year. Last year worked with; Steven's Close, Cottenham; Homefield Close, Impington; St Vincents Close, Girton; Hall Close, Bourn; Meadow Croft Way, Orwell; Cox's Close, Stappleford; Chalk Lands, Linton; Knuttford Road, Basingbourn; Chapelfield Way, Sawston; Plantation Road, Sawston and Uffen Way, Sawston. The participants are drawn from these homes and work with professional musicians who have been working on the project for the past 3 years.

Cambridge Arts Theatre 2004 Summer School, deaf and hearing children devise, create and perform new piece of theatre.

Double Bill, young people aged 8-13 opportunity to create and perform work in Corpus Playroom.

Dance at the Arts Theatre, in partnership with Henri Oguike Dance Co., Arc Dance Co. & Cambs Dance. Developing dance project for boys in schools.

Shell Connections. New writing performed in partnership with local schools.

Connecting Voices. 2004 will be working with Milton Youth Club and **The Red Balloon Learning Centre** (joint funded by South Cambridgeshire District Council and the Arts Theatre.)

On 5th Nov. they are having the Phoenix Writers (based at **Bowthorpe Centre** in Wisbech) performing their readings in the Corpus Playroom.

Cambridge Film Consortium

1 Latham Close

Cambridge

CB2 2EL

Trish.s@picturehouses.co.uk

Education Manager Trish Sheil

Trish Shiel, plans to work with autistic children here in the future. They have also worked with **Escape Artists** working with disenfranchised children from the Manor School. Plans to work with Escape Artists again on a series of short films for the Edge Festival 2005.

Cambridge Music Festival Ltd

10 Gurney Way

Cambridge

CB4 2ED

Will be holding 2 concerts at friends of Fulbourn as part of Music Festival 2003.

Cross Border Arts

Top Barn

Wysing Arts Centre

Fox Road

Bourn

Cambridgeshire

CB3 7TX

www.crossborderarts.org.uk

General enquiries: Dianne Palmer, Administrator 01954 718181

Fax: 01954 718333

admin.cba@breathemail.net

Gavin Clayton, Arts and Disabilities gavin.cba@breathemail.net

Lorraine von Gehlen, Artistic Director lorraine.cba@breathemail.net

Cross Border Arts has a long history of working in the mental health context. Worked with the Cambridgeshire branch of the Alzheimer's Disease Society (manager, Joe Oakes), held a series of multi-artform workshops called 'The Art of Care'. Held in Cambridge over 4 Saturdays in May & June 2003. 'Art of Care' provided art sessions for people with Alzheimer's or other forms of memory impairment along with their family members, primarily spouses, who act as their primary carers. Facilitated by professional artists, the project provided a supportive and relaxed environment for the participants to engage in a combination of art forms: music, movement, visual art & creative writing. Ms Idit Nathan (Cambridge Centre for Curiosity & Imagination) documented these sessions.

In partnership with Cambridge Clubhouse and **Wysing Arts** Centre. CBA's Programme Dev. Officer brokered a relationship that led to interested artists from **Cambridge Clubhouse** accessing open studio space at **Wysing** to create new works to be exhibited alongside existing work in a fortnight long group exhibition in summer 2002. This work stemmed from outreach work carried out over a fairly long period by CBA with Clubhouse members, and the development of a partnership with key members of Cambridge Clubhouse.

Recently we have run the project in partnership with Centre at St Pauls, Cambridge City Community Development, Social Services, and the Alzheimers Disease Society. This phase involved working with people in the early stages of Alzheimer's disease, and their principle carer (usually spouse). We worked in a variety of art forms (music, dance, visual art, and creative writing). Often the art forms ran concurrently, and managed to create a safe/creative/vibrant/fun space for the group to work together.

This project is to be taken forward to the next stage in late 2003 in partnership with Cambridge City Primary Care Trust. The evaluation of the project will help build the case for more recognition of the value of arts involvement in the lives of Alzheimer Patients.

The participants were known to us as an organisation, recommended by Alz Dis Soc, and by relatives we have previously come into contact with. The sessions took place at Centre at St Pauls on Hills rd in Cambridge.

There is a very detailed report on the activities, and the artists & participants reactions to them during the sessions. It is available to be viewed at the Cross Border Arts Office by arrangement.

Way Ahead III

This will be an awareness day focussing on issues for venue managers, programmers, artists, and all those who will be involved when a centre/organisation works with people recovering from long-term mental problems.

It is scheduled to take place in March 2004. Partners in planning will include service users from Cambridge Clubhouse, and we hope it will take place at Wysing Arts Centre. It is funded by SCDC, Social Services, Cambridgeshire County Council and the Arts Council.

Junction CDC

Clifton Road

Cambridge

CB1 7GX

Venue for **Cross Border Arts** Funky Flamingo Night, opportunity for participants with learning difficulties to be DJ's and go clubbing.

Giles Askham

Multimedia / visual arts coordinator

Peterborough Digital Arts

Peterborough City Museum

Priestgate

Peterborough

Cambridgeshire

PE1 1LF

Tel: 01733 343 329

Giles.askham@peterborough.gov.uk

www.pdarts.org.uk

Would like to make links for possible future collaborations.

Mo Stewart

The Angles Theatre

Alexandra Road

Wisbech

PE13 1HQ

Tel: 01945 585587

Has directed performances at the Angles Theatre by the **Phoenix Writers** (based at the **Bowthorpe Centre**)

Kathryn Hayes
 Community & Education Director
Britten Sinfonia
 13 Sturton Street
 Cambridge CB1 2SN
 (T) 01223 300795
 (F) 01223 302092
 (E) kathryn@brittensinfonia.co.uk
www.brittensinfonia.co.uk www.insideout2002.co.uk

Britten Sinfonia Community & Education will be running a project at Horizon Resource Centre (a centre for adults with both physical and learning disabilities) in Cambridge later this year. We will be focusing on music and movement, but will also incorporate a visual element into the project.

The practitioners are employed via Britten Sinfonia for this project and are:

Duncan Chapman (music leader)
 Isabel Jones (movement leader)
 Tom Rainer (Britten Sinfonia musician)
 Bridget Carey (Britten Sinfonia musician)
 Kathryn Hayes (Britten Sinfonia Community & Education Director)

They are also involving a local artist and local dancer, as well as students from Cambridge University to enable professional development.

Partners for the project (both financial and advisory) are:

Awards for All
 South Cambridgeshire District Council
 Cambridge City Council Community Development
 Cross Border Arts
 Eastern Orchestral Board
 Horizon Resource Centre

Participants are drawn from the centre who will have access to eight days of participatory activity. Two extra days will be dedicated to development of skills for the artists and the carers at the centre.

They are awaiting news re a funding application which will enable work at Addenbrookes Hospital, Manor School in Meldreth (we originally worked there in September 2001) and develop further the work at Horizon Resource Centre. They are also developing a programme at HMP Whitemoor, Fenland.

Addenbrooke's Art

Guy Noble
 Curator
 Addenbrooke's NHS Trust
 Box 53
 Hills Road
 Cambridge
 CB2 2QQ
 Tel: 01223 586 734
guy.noble@addenbrookes.nhs.uk

Aims to provide a warm and welcoming atmosphere for patients and visitors through the use of the arts.

Arts in Cambs on Tour (ACT)

Manor Community College
 Arbury Road
 Cambridge
 CB4 2JF
 Tel: 01767 677497

They do work with arts and Alzheimer patients and their partners. They have two tutors, one for the patients and one for their partners. Barry Plumpton is the new Outreach worker at Fulbourn along with Sue Elliot. Val Cambers, Community Education Adults with Learning Difficulties Coordinator. Works with MH groups as well as people with learning difficulties. Val.cambers@cambridgeshire.gov.uk

Julia Tozer
 Education Officer
Kettle's Yard
 Castle Street
 Cambridge
 CB3 0AQ
 Tel: 01223 352124
 e.mail: mail@kettlesyard.cam.ac.uk
www.kettlesyard.co.uk

When I met with Julia Tozer in July 2003, the Education Officer at Kettle's Yard House and Gallery, she has been in post 6 months and had done quite a lot of work with arts and mental health already and was keen to build upon this work and make more contacts in this area. The biggest problem at Kettle's Yard was trying to balance the security of the house with the needs of workshop participants. The house and gallery are open to the public so workshops were restricted to mornings when there is no public access. Julia previously worked for

Shape in London linking artists with hospitals in London for 12 week workshops and then trying to secure funding to continue this relationship.

Kettle's Yard are currently running a project with the **Fitzwilliam Museum** (Education Manager, Francis Sword) offering a morning at Kettle's Yard, lunch and the afternoon at the Fitzwilliam. The morning starts in the Education room at Kettle's yard and progresses according to the participants interests. Participants are drawn from Victoria Road and Willow Walk (homeless shelters in Cambridge).

Kettle's Yard also run workshops with Romsey Mill, an organization for young parents, again in the mornings when the house is shut to the public.

Douglas House also come in on a regular basis and work with the artist Helen Kenny.

Kettle's Yard has plans for a new education room as part of their development programme.

There is a forthcoming exhibition in the education room by a schizophrenic local man, Darren Florio, who came from a day centre in Huntingdon. He approached Kettle's Yard during the Linda Karshmann exhibition with his work. The exhibition will take place in September 2003 and will be based on the artists response to works in the house.

Kettle's Yard is keen to offer their venue as a facility for us in the future. We have collaborated with them in the musical project, 'Rout' in 2002 as part of the Edge festival.

Wysing Arts

Fox Road

Bourn

Cambridgeshire

CB3 7TX

Tel: 01954 718881

Fax: 01954718500

info@wysing.demon.co

The Wysing Gardeners here have learning difficulties. They are engaged in horticultural and artistic workshops. The "Artist Gardeners" is a long term project working with local people with learning difficulties. The Gardeners are an integral part of Wysing Arts and are involved in the production of organic produce from our vegetable plots and greenhouses as well as the upkeep of the site.

The gardeners work creatively with the landscape at Wysing Arts, supported by a full time horticultural tutor, a learning support assistant, and visiting artists in residence.

Diana Greenman,
Chief Executive
Music in Hospitals
74 Queens Road
Hersham
Walton on Thames
Surrey
KT12 5LW
Tel: 01932 252809
Tel: 01932 252811
info@music-in-hospitals.org

Vicki Smith
Administrator
Sound Sense
7 Tavern Street
Stowmarket
Suffolk
IP14 1PJ
T: 01449 673990
F: 01449 673994
info@soundsense.org
www.soundsense.org.

Sound Sense is the UK development agency for community music. It promotes the significance and value of community music, and assists the professional development of people practicing and participating in it (taken from their website)

Castle Project,
C&D Dales Brewery
Gwydir St
Cambridge
CB1 2LJ
castle.project@richmondfellowship.org.uk
01223566737

We run 4 Arts Project per year usually for about 8 weeks long, we have just finished a project where we made flags for the Folk Festival the young people received a weekend ticket in return. We have a stall at Strawberry Fair where we sell bits of art that we have made over the last year. We have been to Wysing Arts and worked with artists there. In May we go to a Windmill in Norfolk and do

an arts project there this year we used photography and double imaging to produce images of our selves we hope to exhibit these later this year.

Activities take place in a variety of locations usually we start at the project on Gwydir St, where we have a project room which is dedicated to the arts project and Drop ins. We have worked on site at the Folk Festival in Cherry Hinton Hall, at Wysing Arts, in our Garden space at Mill Rd, in Norfolk and just generally around.

The client group come from a variety of agencies like mental health team, YPS, Leaving Care, Probation JAP, C33, Connexions etc, we sometimes have self referrals. The young people are between 16 and 25, not all of them have mental health diagnosis, all of them have issues with mental health i.e. depression, self harm, low self esteem, chaotic life styles etc.

Cathy Dunbar

Live Music Now

020 7730 2205

e.mail: enquiries@livemusicnow.org

They book young musicians for hospitals and homes at reduced rates.

Appendix:

'The Friends' Millenium Arts Project has proved that arts workshops such as ours can play a major part in supporting and helping those with a mental health problem, whatever their age, and whatever their diagnosis. Patients particularly appreciate activities which are separate from the statutory services, and in the case of the Hospital it also brings in visitors from the wider community. Our storyteller not only managed to engage extremely withdrawn, seriously ill patients but he came also to be welcomed as a friend, visiting the ward on a weekly basis. Work with a sensitive and understanding Artist-in-Residence offers patients interesting and meaningful occupation, and is a distraction from the problems of illness. There is also a vital element of real enjoyment. In the past few years we have also been able to show that involvement in the arts increases self-confidence and self-esteem, even in those with dementia, and it reduces social isolation and exclusion. Indeed, such has been the success of the work with older people that our potter and our community artist are both now running extra groups funded by the Hospital itself, helping fill gap caused by an acute shortage of nursing staff at the Day Hospital.'

June 2003

Christina Rowland-Jones
Chairperson of the Board

'Every Wednesday morning the patients at Deighton Day Hospital for those over 65 years participate in a two-hour pottery session, run by the Potter-in-Residence working for the Friends of Fulbourn Hospital's Millennium Arts Project. The group is accessible to the whole range of clients in our care. It can accommodate the floridly psychotic, those who are anxious, depressed or withdrawn, as well as people suffering from cognitive impairment (the various types of dementia) and patients whose physical abilities are impaired as a result of cognitive malfunction.

There are many benefits and advantages to the group, some of which are practical and observable, others are more subtle and less easily defined. The more observable features include the sense of camaraderie shared by the group members; indeed, no-one who tries the group ever wants to stop attending.

Apart from the immense enjoyment experienced by the participants, who can be heard laughing together throughout the session, many hitherto unseen qualities also emerge in the interactions which take place. Clients complement each other, provide emotional support and encouragement, and show appreciation of each other's work. The work they produce can be shown to others, handled and admired, taken home, given to family members and put on display. This gives the creators an opportunity to feel valued and appreciated, and they are all justly proud of their efforts.

Whatever the diagnosis or background of a patient, the area of self-esteem can be problematic for those receiving input from the psychiatric services. This is an elusive and fragile property, easily damaged by life events, but it can be fostered by the recognition of personal worth – both in the client's eyes and in those of their peers, carers and loved ones. It can be difficult to encourage the delicate growth of self-esteem in the heart of someone, whose self-confidence and self-respect have been eroded by years of psychiatric illness, with all the dependency and neediness this engenders. The group provides an arena in which self-esteem can be re-established.

The quietly supportive environment created by the skilled potter, with the help of his volunteer helper, has an extraordinarily powerful enabling effect on the client group. To the staff and clients of the Deighton Day Hospital this is a precious resource, the benefits of which are incalculable.'

May 2002
Staff Nurse

Ends.