

# BUILDING A CONSORTIUM FOR CREATIVE HEALTH IN WEST YORKSHIRE WORKSHOP 2

## SUMMARY OF POSTERS



Part of the University of Huddersfield AHRC funded 'Creating Change. A collaborative action inquiry approach for integrating assets into ICS responses to health disparities' research project.

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# HOW has CREATIVITY improved HEALTH and WELLBEING?

BETTER

FRIENDSHIP

CIRCLES



ACCEPTANCE



## SHARING LIVED EXPERIENCES

*How creativity has helped improve your health & wellbeing*



IT HELPS US TO  
*communicate*



I CAN BE A BIT OF  
AN ANGRY PERSON  
SO IT ALLOWS ME TO

**LET MY  
frustrations  
OUT**

AND BRING  
PEOPLE  
TOGETHER.

## SHARING LIVED EXPERIENCES

*How creativity has helped improve your health & wellbeing*



IT'S THE ENJOYMENT  
OF THE **PROCESS** &  
LEARNING SOMETHING **NEW**

# How does creativity help improve health and wellbeing?

- Building relationships, connections (with others and the world around ourselves) and peer to peer support.
- Increasing confidence, self-belief/self-worth/ self-acceptance and ability to express yourself in different ways.
- Giving you a goal, purpose and commitment.
- Giving you time to develop a better understanding of self.
- Giving you space to be yourself and not be judged.
- Giving you a reason to leave the house.
- Being in the moment and gives you tools to reduce stress and destructive behaviours.
- Creating new opportunities e.g. volunteering, new career paths, artistic opportunities.
- Singing and dancing improves breathing and fitness.
- Learning new skills, literacy, painting.
- Having fun!

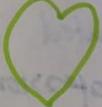
# What has helped that to happen?

- Knowing about things and being given the opportunity to access it e.g. being referred to something that you didn't know about, outreach services, support and link workers.
- Activities being free.
- Feeling welcome and safe in a space- having local, inclusive and accessible spaces.
- Forming trusted relationships with facilitators and peers.
- Peer support networks- social support and encouragement. Befriending, mentoring and buddying schemes.
- Putting “process” before “product”/ “outcome”
- Continuity and longevity, not short term-ism- valuing maintenance and prevention.
- No pressure on how to participate.
- Collaborations between services, connectivity between the NHS and voluntary, community, creative and cultural sectors.

**Finding my voice**  **Finding my identity** 

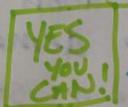
Creativity helps me listen to my Inner Voice so I can find out who I really am.

**Network of Support** 

**TRUST** 

Encouragement & positivity

Freedom of expression

**YES YOU CAN!** 

No judgement.

Whatever I do/produce is right for me

How Creativity has helped improve my Health & Wellbeing & How *Verd de Gris* Helped make that possible..... 

**SAFE** (within my group)

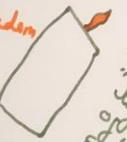
**TRUST** (within my group)

**CONFIDENCE**

**NEAL**  Speech Music

Breathe..... Biscuits! Poetry Drawing Painting Singing

Loving Gentle Patient Non-pressured Support.....

Creativity is a freedom with limitations, being yourself, freedom of souls, freedom of feeling. 

"Light of wisdom of life"

Trust, Loved 

**Kindles** *It's difficult in this path.*

no more survive no more controlling

Appreciating my voice and my voice

Love and appreciate myself.

Self worthy

Self acceptance with dignity and respect.

found my voice

Self acceptance

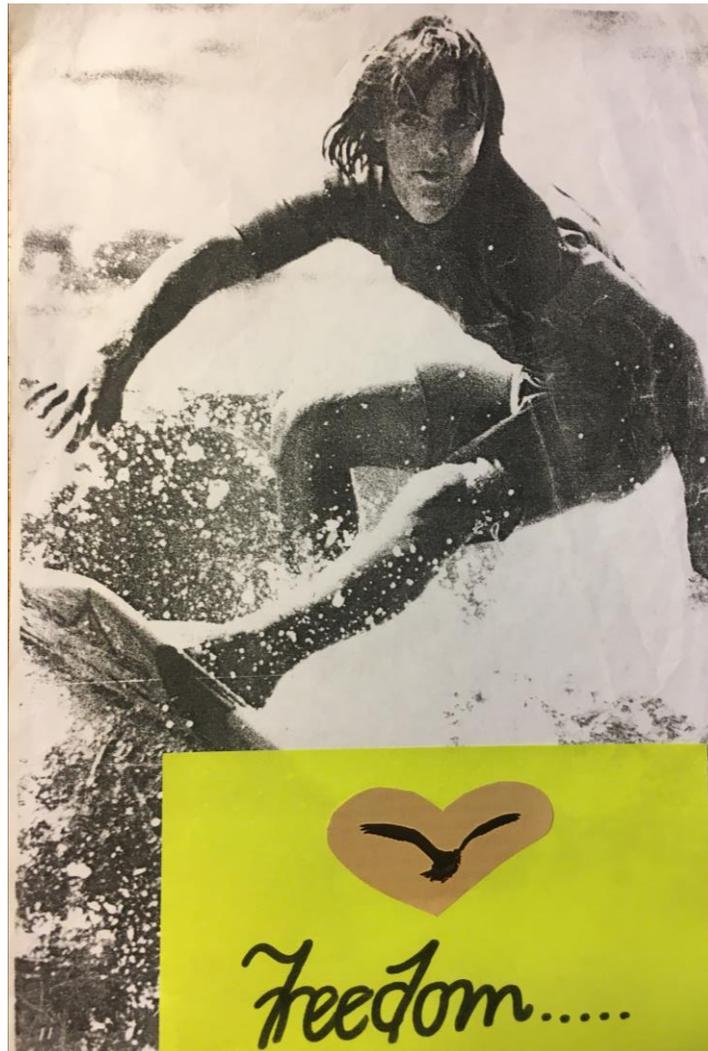
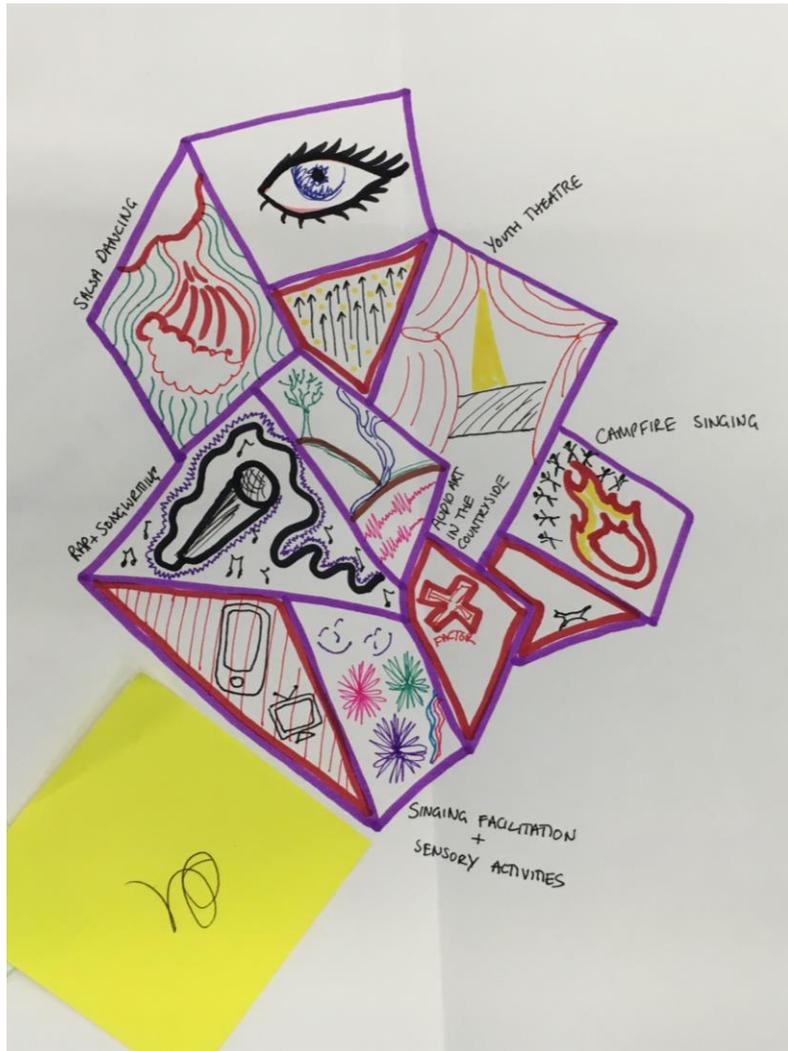
'I AM HERE'

Taking over paths & traditions

no more invisible

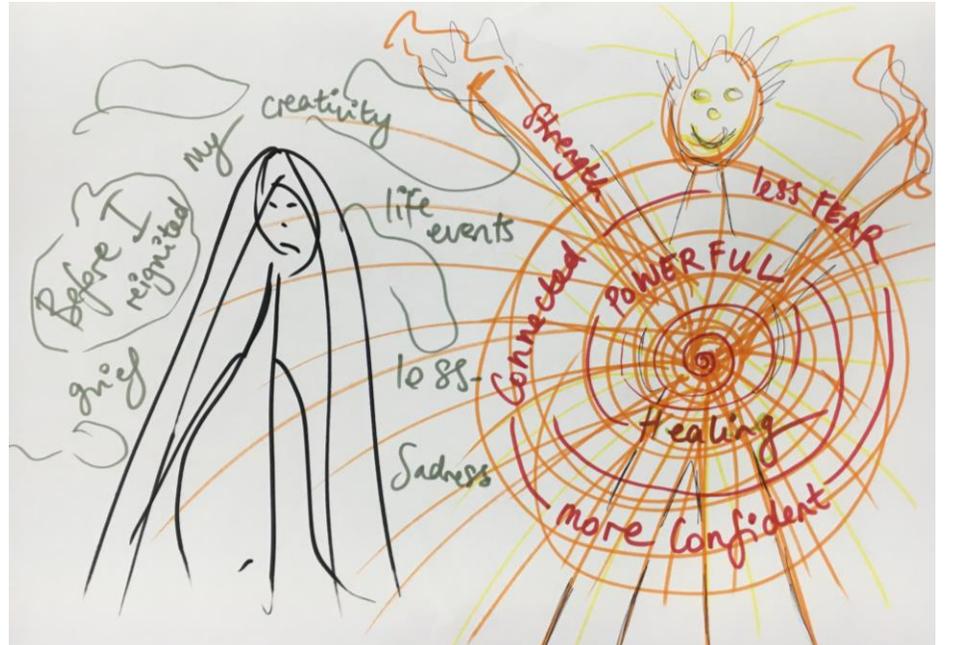
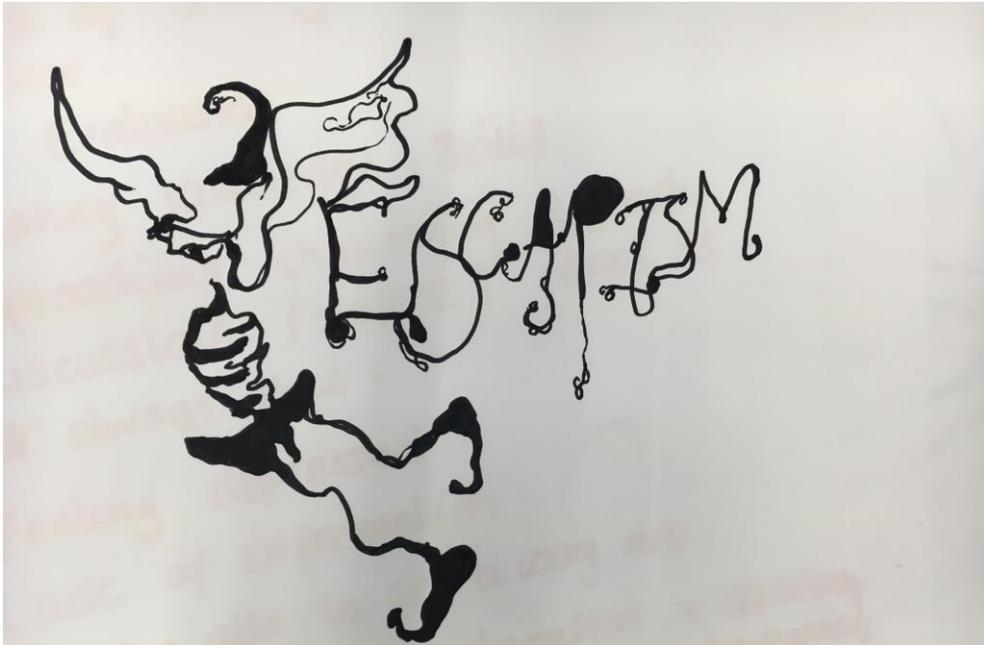
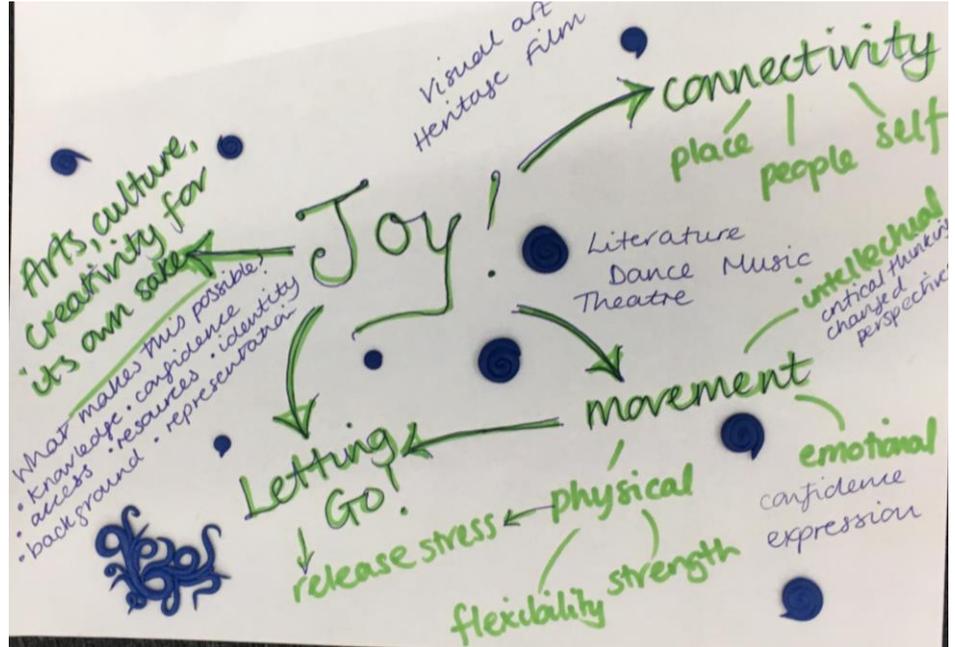
Giving voice to many voices

'Life Circles'



My involvement in theatre and dance is very different to the rest of my life, and is a place to recover from what is going on at the time.

It's an escape. It also develops skills such as being to speak up and express my ideas and thoughts. It's reduced the emblem a foster.



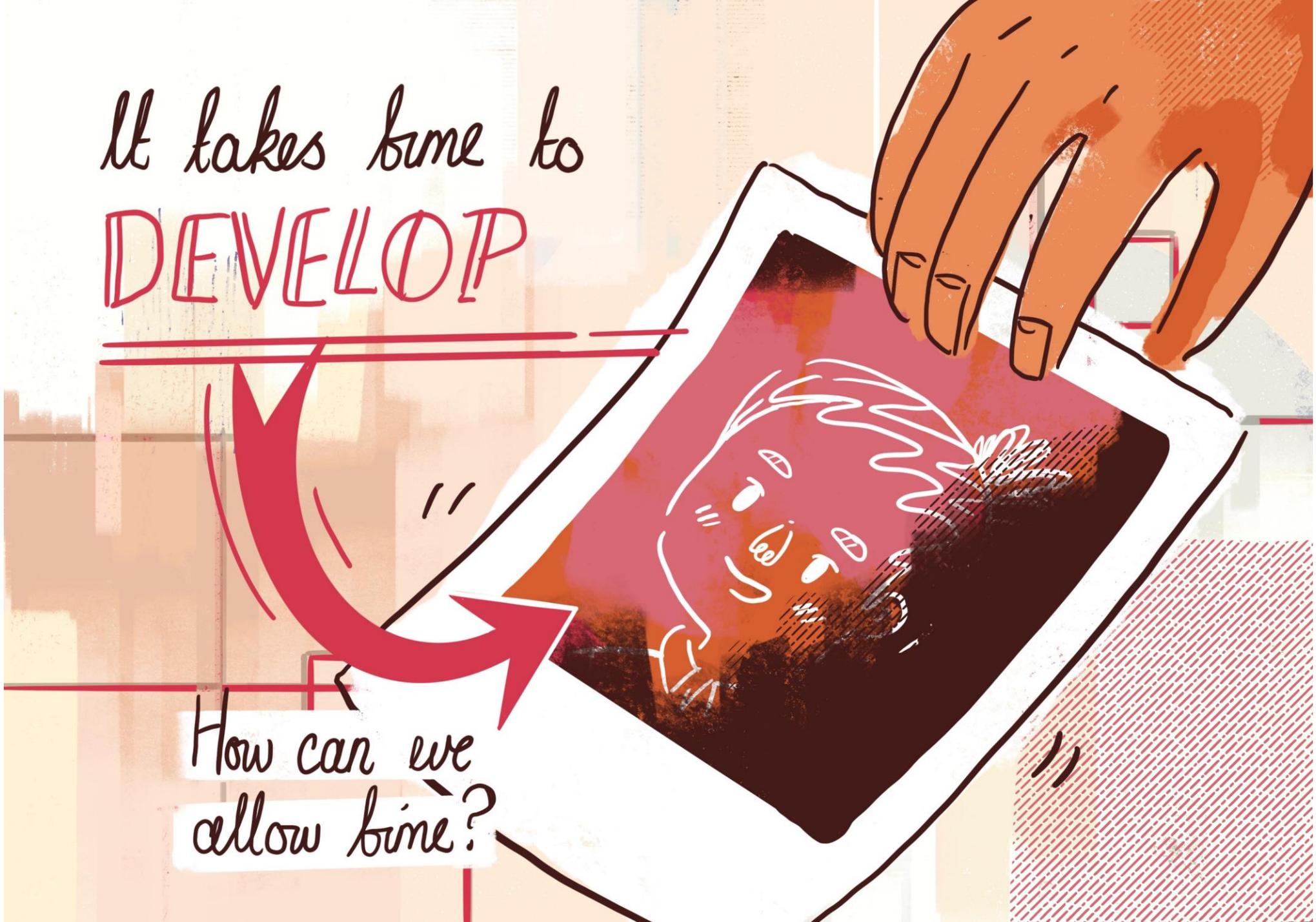
WHAT AFFECTS PEOPLE  
ACCESSING  
CREATIVITY?

FEAR! ≠

ISOLATION



It takes time to  
**DEVELOP**

An illustration of a hand holding a tablet. The tablet screen shows a drawing of a smiling face with white outlines and a pinkish-red background. The drawing is partially obscured by a dark, textured area on the right side. A large red arrow points from the word 'DEVELOP' in the text above to the drawing on the tablet. The background is a warm, orange-toned gradient with some faint grid lines.

How can we  
allow time?



When the funding ends...  
**YOU FEEL LIKE A  
BIRD IN A CAGE**



# What affects people's ability to access creative/ community activities?

- Lack of awareness from both service users and health professionals about what is available. Lack of “ambassadors” in communities.
- Lack of diversity in organisations, language barriers, lack of cultural/religious/faith knowledge.
- Lack of neurodiverse-friendly approaches.
- Limited criteria or eligibility for services- people not “fitting” a particular group (dictated by funding) or not being “ill” enough to be eligible.
- Timescales in health system- to get an appointment and referral processes.
- Funding- short-term projects running out, funding only available for particular groups.
- Lack of confidence, feeling like they don't have a right to engage, social isolation and stigma.
- Lack of trust in public services.
- Can't get to locations- limited affordable and reliable transport.
- Money/ funds.
- Time.
- Arts and creativity regarded as a “nice to have”, not valued in society.
- Depression/ anxiety- makes it difficult to get out there.
- Prior perceptions and a restricted experience of arts and culture from an early age, negative associations from school experiences.
- Home pressures- Childcare, other caring commitments, domestic violence.
- Postcode lottery- some areas not having appropriate spaces or infrastructure.

SUPPORT *needs to be*  
SUSTAINABLE!



We are all a work in progress!



CREATIVE HEALTH  
IN WEST YORKSHIRE

FUNDING  
doesn't cover  
LONG-TERM  
projects!





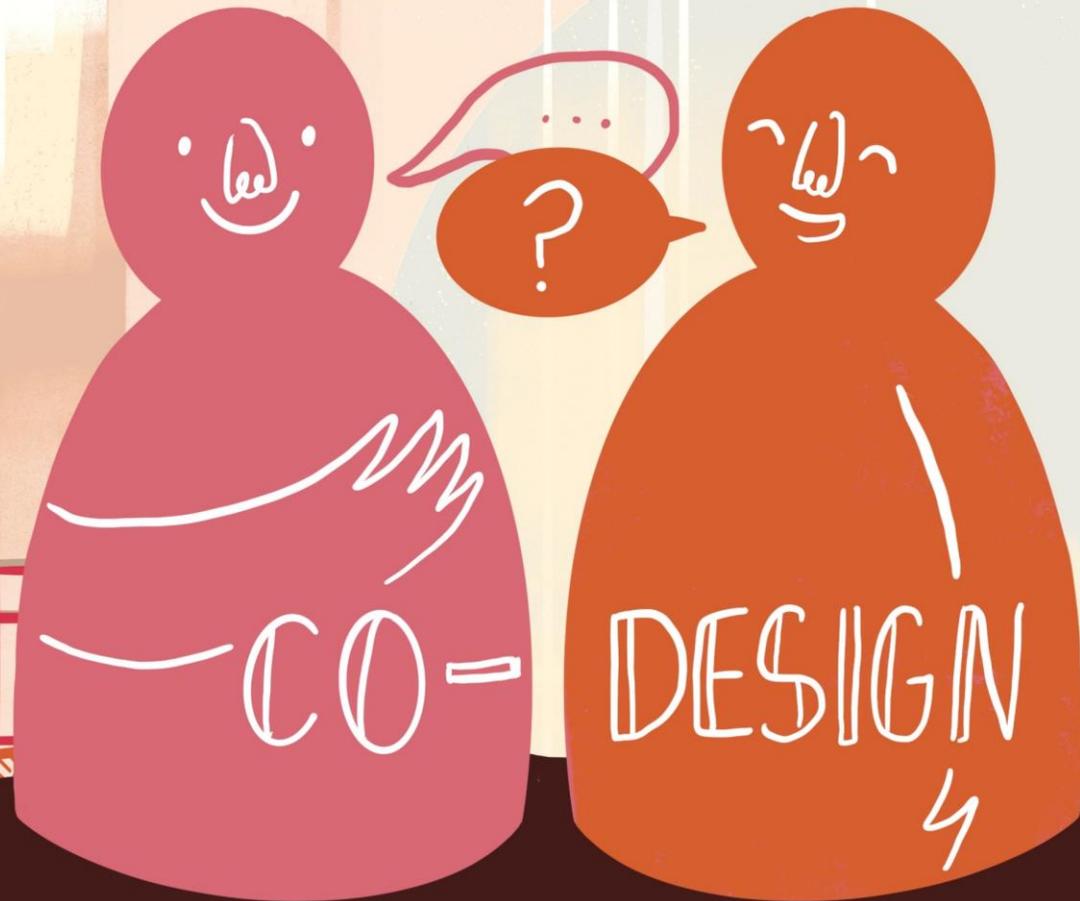
WE NEED  
LONGEVITY/  
TO BUILD  
TRUST.

HEALING  
NEEDS TIME

# How can we make opportunities to access creativity sustainable/ make creativity a part of everyday lives?

- More consistent funding.
- No cut off dates.
- Being inclusive.
- Accessible language.
- Improve communication/visibility.
- Change in thinking for funders about “metrics” and criteria of success.
- Sustaining/developing local hubs.
- Work together in funding consortiums, developing coherent local strategies.
- Mentoring/buddying for PWLE and socially isolated people.
- More connectivity with primary care.
- Develop a centralised database of offerings.
- Develop a network of “champions”

WE NEED TO WORK  
TOGETHER







CONNECTION  
BELONGING  
FRIENDSHIPS.  
LIVING.  
SAFE SPACE  
UNDERSTANDING  
LOVE

IS YOUR APPROACH  
TO MENTAL HELP  
ABSTRACT



try a more  
joined up  
approach



