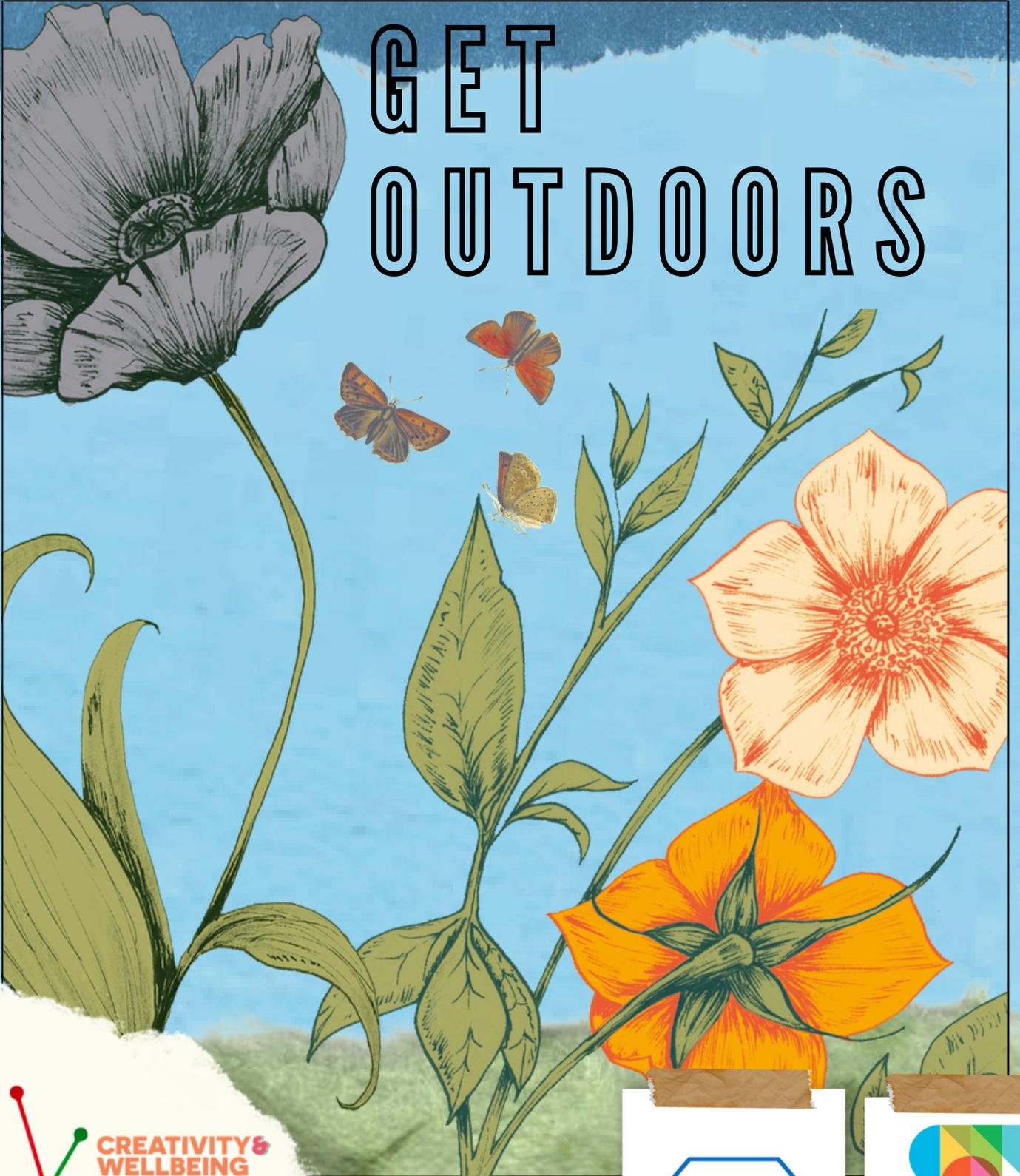


CREATIVITY AND WELLBEING WEEK 2022

GET 16TH - 22ND MAY  
CREATIVE  
GET OUTDOORS



## Welcome to #CreativityandWellbeingWeek 2022!

Our curated programme this year reflects some of the breadth of fantastic creative health and wellbeing work happening across England now. We are excited about the power of nature and creative health, and our curated events reflect some of these themes, from wellbeing and the built environment to climate and sustainability, inclusion and access to green space and social prescribing. We kick off with our partnership with University Hospital Lewisham and the Royal Horticultural Society with Breathe Arts Health Research who are celebrating nature's restorative power for staff members in the hospital. We are so excited to amplify the work that collective Misery are doing to decolonise plants and access to nature and creative spaces.

We also focus on young people's mental health and creativity with an online APPG from the National Centre for Creative Health, as well as sharing the work that artist James Leadbitter the Vacuum Cleaner is undertaking with the GLA across London through project '2.8 million minds'. Julie's Bicycle and Fast Familiar are launching a climate tool which allows you to assess the environmental impact of your project work, and we round off with the Culture Health and Wellbeing Alliance awards launch for 2022.

This festival wouldn't exist without all the brilliant health practitioners, creative practitioners and organisations sharing their work and events up and down England. Head to our website and upload your event now! Or why not share your story of creativity and health, for everyone to read? Share your activities on social media across the week using the hashtag #CreativityandWellbeingWeek #GetCreativeGetOutdoors.

**BOOK NOW**



We are so excited to bring this wonderful festival to you in a hybrid way for 2022.

Never has creativity and health been more important. Ensuring all communities across England can access nature, creativity and feel well is imperative to our nation's health and wellbeing. We know that you will find something in our festival from one of our fantastic contributors that will inspire your connection to nature, creativity and wellbeing. Share your festival highlights with us using the hashtag #CreativityandWellbeingWeek

We want to thank our core funders Roche, ACE, CH&WA and also the RHS for being such fantastic partners this year.

# LONDON ARTS AND HEALTH (LAH)

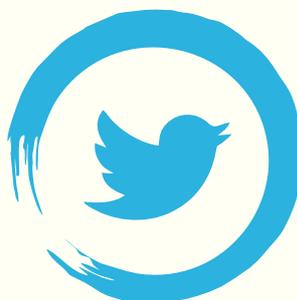
A NOTE FROM OUR DIRECTOR ANNA WOOLF

## OUR PARTNER ROYAL HORTICULTURAL SOCIETY (RHS)



We are so pleased to be developing green wellbeing spaces for staff in partnership with University Hospital Lewisham. Never has staff wellbeing been more important. The pandemic is far from over and this work with the Arts team at Lewisham recognises how nature and the outdoors can help staff to feel connected, relaxed, creative and well.

We want to thank all the partners involved in making this project come to life and all the staff in particular who are attending and benefiting from the events in Creativity and Wellbeing Week.





# CULTURE, HEALTH & WELLBEING ALLIANCE

A note from Director, Victoria Hume.

The Culture, Health & Wellbeing Alliance is thrilled to be partnering with London Arts & Health for Creativity & Wellbeing Week for the fourth year in a row. We know from our members how crucial the Week is to thousands of small organisations and freelancers around the country doing amazing work to build community and support health and wellbeing, despite the huge challenges presented by the last few years. The theme of Get Creative Get Outdoors resonates with the strong links currently being built between nature networks and creative networks, and joined-up thinking about community assets represented in important new research investments by the Arts & Humanities Research Council.

Creativity is fundamental to nature - not least human nature. We need it to thrive, but in times of social crisis we also need it to survive - to support our resilience and help us imagine new futures. To that end will be launching our new Creativity, climate and health: Accelerating Impact resource - built in partnership with LAAH, Arts & Health South West and the NPAG for Arts, Design & Heritage in Healthcare - during the week and hope it will further support all the freelance creatives and organisations already joining the dots between climate justice and health equity, and help boost long-term investment in this work.





MONDAY 16th MAY  
2022

IN PARTNERSHIP WITH THE  
ROYAL HORTICULTURAL SOCIETY,  
UNIVERSITY HOSPITAL LEWISHAM  
AND BREATHE ARTS HEALTH  
RESEARCH.

LAH have partnered with the Royal Horticultural Society and University Hospital Lewisham to celebrate nature's restorative power and how it can improve NHS staff, visitor, and patient wellbeing. These workshops are being delivered as a part of Arts Connect; the arts-in-health programme for Lewisham and Greenwich NHS Trust. Arts Connect delivers projects across various art forms to improve patient experience, enhance the healing environment, and support health and wellbeing.

**BOOK NOW.**



BREATHE  
ARTS HEALTH RESEARCH



RHS



Lewisham and Greenwich  
NHS Trust

## NATIONAL EVENT

# BARNSLEY COUNCIL C&WW OPENING EVENT AT THE LIGHTBOX

'Aimed at professional leaders to provide the tools and knowledge around why creativity is a vital aspect of improving wellbeing. This event welcomes a wide range of guest speakers, who will be sharing their knowledge, research and experiences of creativity and the impact this has had on mental and physical wellbeing.'

This opening event kickstarts an exciting week of creative activities and events that will encourage people to get active, enjoy the outdoors and be creative – there will be something to suit everyone's abilities and interests'.

**BOOK NOW**



TUESDAY 17th MAY  
2022



# BARTS HERITAGE

Tuesday 17th May 12-1.15pm and 2-3.15pm & Saturday  
21st Mat 12-1.15pm and 2-3.15pm

Barts Heritage at the North Wing welcomes you to a creative mindful drawing session exploring this historic hidden gem at **Bartholomew's Hospital**. Join artist **Lucy Ribeiro** as she guides you through a mindful drawing session to support your creativity and wellbeing. Everyone is welcome, no previous experience needed and all materials will be supplied.

**BOOK NOW**





# A MANIFESTO FOR 2.8 MILLION MINDS

*How can young people use art and culture to create change in their mental health and change how mental health care is imagined, delivered and funded?*



Young Londoners working in conjunction with artists are launching 'A Manifesto for 2.8 Million Minds - an Action Plan for young people, mental health and art.'

Artists **Becky Warnock**, **Simon Tomlinson**, **Tyreis Holder**, **Yomi Sode** and **the vacuum cleaner** will join Helen Hayes MP and **Justine Simons OBE, Deputy Mayor, Culture and the Creative Industries.**

City Hall invited **Bernie Grant Arts Centre**, **Chisenhale Gallery** and artist **the vacuum cleaner** to respond to London's young people and the crisis in mental health they are experiencing. Over five months, they have brought together a range of young people, artists, arts and health and academic professionals, youth workers, parents and carers, curators, and more from across London to imagine how art could better support young people's mental health. This informal and fun event will share the outcomes of the process, what the next steps are and call for us to better support young people's mental health.

A Manifesto for 2.8 Million Minds is the first step in City Hall's shaping of a three-year programme of work called Thriving Through Culture in partnership with **Thrive LDN** and **The Baring Foundation.**

Come as yourself, ready to listen to what young people and their allies want to say.

The words "Mad Love" written in a stylized, bubbly, hand-drawn font.



## NATIONAL EVENT

# APPG / NCCH

All-Party Parliamentary Group on Arts, Health and Wellbeing and the National Centre for Creative Health Roundtable on young people, co-production, creativity and mental health services.

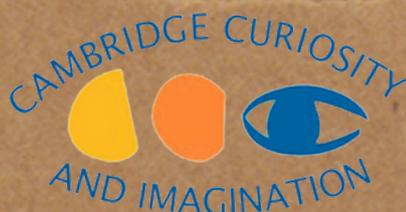
10-11.30am

The logo for the National Centre for Creative Health (NCCH), featuring the text "National Centre for Creative Health" inside a square frame with overlapping, colorful lines. The logo is presented as a sticker with a white background and a black border, pinned to the background.

An online event to discuss how co-production and creativity with young people can influence mental health service design and delivery. Projects represented include **Branching Out** with Cambridge Curiosity and Imagination, Greater Manchester **i-Thrive Arts**, Culture and Mental Health Programme and Greater London's **Thriving Through Culture programme**.

We will hear from young people involved in co-production as part of Midlands Partnership NHS Foundation Trust **Eating Disorder Service** and from clinicians and academics in the field. Chaired by **Rachel Hopkins MP** (tbc), the audience will have an opportunity to ask questions during the discussion.

## **BOOK NOW**



**Midlands Partnership**  
NHS Foundation Trust  
A Keele University Teaching Trust

WEDNESDAY 18th MAY  
2022



# MISERY

**misery** is so proud to announce misery medicines: plant magic, a one-year, in-person, immersive herb, mushroom & plant medicine program that will see Black, brown & people of colour in and around london learning about the herbs that grow wild all around us, making plant medicines for mental health, witnessing how herbs interact with the seasons & discussing how to decolonise ideas around medicine & sustainability.

Join Soha from misery at 12pm to watch 2 short films and have an open discussion about access to green spaces and how it impacts our mental health.

**BOOK NOW.**



## NATIONAL EVENT

# ARTS4DEMENTIA WEBINAR

The arts – from painting and sculpture to singing and dance – can be life changing for people with dementia and their companions. Arts activities empower, inspire, and improve confidence, helping people retain their identity and live happier lives in the community. Join Chief Executive, Penny Fosten, as we explore the benefits for the arts for brain health and wellbeing, as part of Dementia Action Week and Creativity and Wellbeing Week. You'll hear from inspirational guest speakers including partners from our host arts organisations, with insight from participants as they discuss what they value about engaging in the arts.

## BOOK NOW

A4d



## REGIONAL EVENT

# FIRE IN THE EAST

**MensCraft Charity and Norfolk Nature Stories** are inviting men to join Storytellers **Jonathon Lambert** and **Shane Ibbs** who will be making a fire, sharing refreshments and inviting you to listen and share Males Tales around a fire each day for 3 days. This will be taking place at **Norwich Puppet theatre** on the **18th 19th and 20th May** (Times TBC) Free, refreshments provided

## **BOOK NOW**

NORFOLK  
NATURE



STORIES



**MensCraft**

THURSDAY 19th MAY  
2022



ARTS &  
CULTURE:  
SOCIAL  
PRESCRIBING  
MYTH  
BUSTER

# ARTS AND CULTURE SOCIAL PRESCRIBING

10am – 1pm at The Tramshed,  
Bethnal Green.

To celebrate the launch of the second iteration of the **Cultural Social Prescribing Myth Buster**, London Arts and Health are hosting a live event at **St. Margaret's House** featuring contributing link workers, and creative health organisations.

The Arts and Culture Social Prescribing Myth Buster has been funded by the **GLA** and brings together a number of case studies, podcasts and resources to assist practitioners, link workers, health professionals and cultural organisations understand the best ways to work within social prescribing.

At this event you will hear from a number of organisations involved including St. Margaret's House, **The National Academy of Social Prescribing**, cultural organisations and link workers on current thinking and developments around cultural social prescribing. You will engage in some live workshops and have a chance to network and ask questions about cultural social prescribing.

**BOOK NOW**



# BREATHE CREATIVE BREAKS

**Breathe Arts Health Research** is delighted to partner with **London Arts and Health** and **The Royal Horticultural Society** to bring Breathe Creative Breaks to **Lewisham and Greenwich NHS Trust** during Creativity & Wellbeing Week 2022. Two creative drawing workshops will run back-to-back after work on Thursday 19 May as part of this special staff wellbeing event. Guided by artist **Liz Atkin**, the workshop will include warm-up drawing exercises and techniques taking inspiration from St Mary's Therapeutic garden around us, to create a new large-scale collaborative drawing.

**Creative Breaks** aimed at channelling attention through simple yet inspiring drawing activities designed to refocus anxiety and alleviate work-related stress. Designed for NHS staff online during the pandemic, the programme has been running at **Guy's and St Thomas' NHS** weekly since October 2020 and has been attended by over 150 staff.

All staff welcome and materials will be provided.

These workshops are being delivered as a part of **Arts Connect**; the arts-in-health programme for Lewisham and Greenwich NHS Trust. Arts Connect delivers projects across various art forms to improve patient experience, enhance the healing environment, and support health and wellbeing.

**St Mary's Therapeutic  
Garden, Lewisham  
4.15pm and 5.15pm**



## NATIONAL EVENT

# THE NETWORKED CONDITION LAUNCH ONLINE



We will be hosting this event in **Gathertown** to model the use of a different kind of online meeting. Please have a look at this link before attending so that you feel comfortable in the space.

2-3.30pm

Join us for a conversation that will help you manage the carbon footprint of your digital work, from online participatory workshops to videos to websites.

### Detail:

The pandemic has driven a huge switch to digital work, which has come with numerous benefits as well as challenges.

**Julie's Bicycle** will describe the context and importance of considering digital climate impacts. **Fast Familiar** will then guide you through a brand new tool they have produced to help you understand and manage the carbon footprint of your digital work. **Esther Fox** from **Accentuate** will discuss the relevance of the tool to her work to prompt your own questions and breakout discussions to help you consider how this might relate to and impact your own work.

**BOOK NOW**



Julie's Bicycle

CREATIVE • CLIMATE • ACTION





FRIDAY 20th MAY  
2022



CULTURE  
HEALTH &  
WELLBEING  
ALLIANCE

**NATIONAL EVENT**

# CHWA AWARDS 2022 LAUNCH EVENT

Gather with **CHWA** award partners and special guests to launch the **CHWA Awards 2022** programme, which is designed to amplify the innovative, collaborative and generous work of the culture, health and wellbeing sector.

Hear from past winners, **Cody Dock** (Climate, 2021), **Outside Edge Theatre** (Collective Power, 2021), **Plymouth Music Zone** (Practising Well, 2020) and learn more about the award categories that aim to shine a light on work that models meaningful co-production and partnership, embeds practitioner support and connects the dots between creativity, health inequalities and climate justice.

**BOOK NOW**

**#CHWAAwards2022**





## NATIONAL EVENT

# LINK WORKER MANIFESTO LAUNCH

Launch of a Manifesto created in collaboration with artists and Link Workers.

As Social Prescribing fundamentally relies on cross-sector, collaborative working, in which the medical model sits alongside the social, the Manifesto is ultimately intended as a provocation to ask whether there is real collective vision for this work and to question whether we are all on the same page, locally, regionally and nationally.

During this national launch of the Manifesto, we will hear from some of the Link Workers involved, alongside **Deborah Munt** from **Arts Derbyshire** who devised Cultural Prescriptions. and from **Public Health in Derbyshire County Council**, who commissioned the work. A panel of invited guests, representing health and culture, will then give their responses to the Manifesto.

**#LinkWorkerManifesto**

**BOOK NOW**



## REGIONALLY CURATED PROGRAMME

# SE - BRIGHTON

led by Vikki Parker

Brighton is a richly creative place with many amazing freelance workshop practitioners, arts organisations & medical centres who all create a web of opportunities for local people to try out arty stuff, even if you don't think you're creative.

**Vikki Parker** wanted to showcase the transformational work being done in this city and decided to curate her own programme to bring awareness to what's on offer for the community to access. Whoever you are, whatever your health needs or situation, there is something for you.

### Programme highlights:

Carousel Chorus - Sanctuary  
in the City Audio Walks

Art Yourself Alive - Podcast  
Launch

Rap Music: From Public Enemy  
to Public Health?

Photography Walks

## PROGRAMME

## REGIONALLY CURATED PROGRAMME

# EAST - NORFOLK COUNCIL

**Norfolk Creativity and Wellbeing Week** is part of **Norfolk County Councils** ongoing work to encourage and support greater collaboration between our arts, culture, heritage and health partners. It showcases the outstanding range of creative opportunities offered by Norfolk-based artists and organisations, Norfolk Libraries, Norfolk Adult Learning, Norfolk Museums Service, Norfolk Record Office and Norfolk Music Hub.

### Programme highlights:

Yarmouth Springs Eternal

Our Day Out: Arts, Health and Wellbeing

Norfolk Nature Stories with  
Vision Norfolk and Norfolk  
Libraries



## REGIONALLY CURATED PROGRAMME

# AGE OF CREATIVITY

In partnership with Age UK

The need for creativity doesn't stop when we get older, but finding accessible ways to explore creativity can become more challenging. **Age of Creativity** is an online platform to share, celebrate and inspire work in the field of arts and older people, allowing the them to explore and enjoy their creative side.

Their annual festival, which runs alongside Creativity and Wellbeing Week each May, is led by Age UK Oxfordshire, Age UK and hundreds of Age of Creativity Network Members across the country, celebrating a Creative Later Life across England.

### Programme highlights:

WHO are AFC UK Network?

Place Making or Making Place?

Creative Ageing Festivals  
Tea and Talk

Age Friendly Creativity Online

Ambassadors 'What If' Provocation  
Session





# THANK YOU

**Creativity and Wellbeing Festival** went from a small London festival to national in 2019 and saw over 50,000 attendees taking part in around 600 events. The week is held in partnership with the **Culture, Health and Wellbeing Alliance**.

The festival has been curated by Anna Woolf, Director of London Arts and Health and Victoria Hume, from the Culture, Health and Wellbeing Alliance. With huge support and thanks to our festival project manager Catherine Taylor. Our festival coordinator is Alina Puleston, and the wider team at LAH have all supported and contributed in a myriad of ways, including research assistant Elle Charlton, team coordinator Josh West, digital assistant Renee McCauley-Burnett and hub-coordinator Sammy Grace. Our festival programme and assets are designed by Jamie Joyce. With huge thanks also to co-ordinator Hayley Youell at the Culture, Health and Wellbeing Alliance. With thanks to our generous funders, **Arts Council England**, the **Culture, Health and Wellbeing Alliance**, **Arnold Clark Community Fund** and in particular **Roche** for their support with this festival.

You can contact us at [info@londonartsandhealth.org.uk](mailto:info@londonartsandhealth.org.uk) for any more information or help.

