

Newham Arts Therapies *Arts in health*

CREATIVELY HEALING.
CREATIVELY ME

We have been **consulting with service users and the third sector to deliver a range of inclusive arts in health events** within Newham mental health services. The projects aim to **facilitate high-quality arts experiences for service users and staff to improve well-being and social inclusion**, as well as **showcase participants creative identities as artists**.



Aims:

- To **enhance well-being and the wider healthcare environment** via engagement in the arts.
- To **diversify the service** to include an arts-in-health approach.
- To foster and **showcase staff and service user creativity!**
- To **develop innovative partnerships with people with lived experience, staff and the third sector.**

What have we done?

- We worked in **partnership with service users and staff to set up a Trust-wide exhibition** aimed at communally celebrating service user and staff art-works, poetry readings and music-making.
- We organised a series of **one-off arts events in the community and acute mental health services** to reflect key cultural events such as Black History Month and Chinese New Year.
- We continue to work in partnership with **Music in Hospitals and Paintings in Hospitals** to bring professional concerts and art-works to Newham Centre for Mental Health.
- We co-produced and facilitated a **CBT-Music Group** for a local third sector organisation.
- We co-ran the **'creative club' art studio groups with the people with lived experience team**. Examples of artwork made in the project have been showcased in the Newham Crisis 'Together Café' as well as the Docklands Light Railway website. **Please see the links below to access some of the art-work!**
- Joint arts and psychology projects with the third sector.



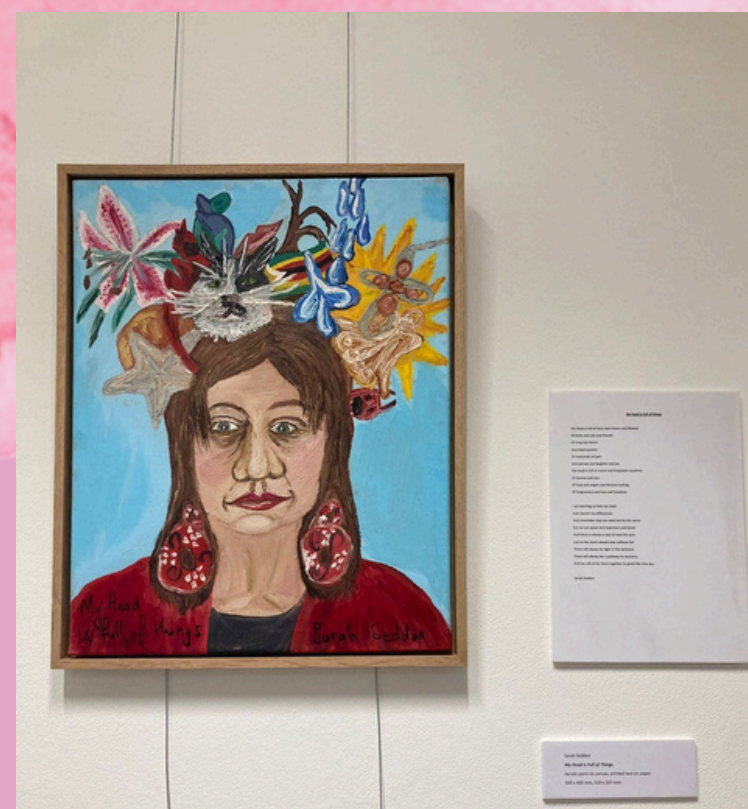
<https://www.backontrackworldmentalhealth.com/poetry>

What was the impact?

We continue to collate a range of feedback from service users, families, carers and staff which reflect the benefits of the work.

"The long-awaited exhibition was a glorious success"

"Thank you for giving me the opportunity to express myself"



"It was a memorable day, and thanks for having me to share my poetry"

"Black lives matter, and amazing vocals were created by blacks"