



The Everybody School of Art

Case Study

Artworks for Wellbeing Peer Group

Winter Pressures Funding



Neurographic Drawing by Mike

In January 2022 we were awarded £2890 from Voluntary Action Calderdale's Winter Pressures Fund.

We used the funding to support our Artworks for Wellbeing Peer group who meet at our space on Wednesday afternoons to make art and support their mental health.

The funding supports the groups venue hire costs, materials, communications, facilitation and delivery until March 2022 plus the creation of case studies which will celebrate the creative lives of 5 peer group members.

"Art is really important to me for managing my mental health but I struggle to motivate myself, so having a dedicated time and place to do something creative has been really helpful for me. There's just the right balance between structure and support and the freedom to do your own thing." Anon, Art and Wellbeing Peer Group Member

The funding has made a massive difference so far.

During January and February we welcomed 11 new members increasing our group's size to 16. We have 4 additional new members due to start with us over the next few weeks.

"I joined the group to try to get my confidence back to start producing my own art work again. I usually work alone, so it was quite a challenge to work alongside other people. The classes have boosted my confidence and given my own creativity a real boost. It has been good to discuss new skills and techniques, and adapt these to my own work. Much of the work has fed into an ongoing large scale 15" piece of my own, which is now complete." Mike, Art and Wellbeing Peer Group Member

Together we have been working on a project inspired by Neurographic Art. This is a method that takes inspiration from neurons and neural pathways in the brain by creating artwork that explores mind and body connections. This simple technique enables people of all creative ability levels to channel the busy world around into a drawing practice that is very calming and relaxing.

"The peer Group is lovely - you can come and do your own thing or participate in a set activity. It helps me to concentrate, mix with other and not think about my problems. It is a lovely group and the people are nice and it is somewhere to go." Anita, Art and Wellbeing Peer Group Member

The funding has provided the group with the opportunity to come together and think about shared values and find a project which will help give the group more identity. The group has worked together to explore Our Values and the collective aim to build a creative community that has the following words at its core : Empathy, hope, progression, support, happiness, respect, compassion, creativity, unity, journey, freedom.

The funding will enable group members to work alongside a local screen printer, creating individual printed poster designs that celebrate each of the values. We plan to use the funding to create an Art and Wellbeing Peer Group booklet that includes information about the group, what to expect when you come along to session, our values (Designed

by current members) and a 'What do I want to achieve?' page. We thought this would be a lovely item to give to each current group member and new people that join us in the future.

"I value activities and places where you can, despite inevitable constraint of time and space (enforced limitations) I can Explore, Create, Relate to others in a non judgemental way and hopefully grow. I have much to learn and a lot to give in this extraordinary environment, which has an astonishing array of resources, notably besides traditional Artist materials (like in a top museum or art gallery) including; for me, a fine stone house of art and artists relevant books accessible to all.

As I live alone and am increasingly hard pressed to find friends (not yet dead) It's good to have new experiences - we all need them. Within reach on a regular basis, without problems of access, distance, unnecessary fancy qualifications or financial demands - the place is a tonic." John , Art and Wellbeing Peer Group Member

In addition we have updated our website to make the process of joining the group clearer for members of the public and support workers who may want to refer their clients.

*"Peer Group gives me time to do artwork at my own pace and it also gives me the opportunity to work with others as a group. It helps my mental health as I can get creative and helps me to focus on my artwork."*Rebekah



Neurographic Drawing by Anita

About

Artworks, the Everybody School of Art champions the value of art and creativity in everyday life.

We think that opportunity and engagement with art can make things better for everyone, and should be available to all.

Our time, space and resources are dedicated to supporting artistic development and community imagination, as such we are home to a thriving creative community where everyone is welcome.

Our work takes place at our venue, a grade II listed textile mill in Halifax. Here you will find our art school with extensive creative production facilities and equipment, our gallery where creative practices and processes are shared and showcased as well as our artist studios, where 20 artists and creative practitioners make their work. Our work also takes place out in the community at schools and community venues, online and in peoples homes.

Artworks for Wellbeing

We have been using art to improve people's mental health and wellbeing for over 10 years.

By providing people with lived experience of mental ill health opportunities to engage with high quality arts provision, marked improvements in mental health and wellbeing have been achieved. These improvements extend beyond peoples artistic skills and visual literacy to their personal sense of health and wellbeing into societal, cultural and economic improvements at an individual, family and community level.

“Over the years I have come to learn the power of drawing and the surprising effect it can have: on morale, judgement, mental health and our general wellbeing. Many people are not aware of this, but The Artworks wonderfully does, and is brilliant at putting the knowledge into action for the benefit of everybody. It's a privilege to be associated with such an energetic and inspiring institution.”— Sir Quentin Blake CBE, Patron Of Artworks

Get in touch and find out more:

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