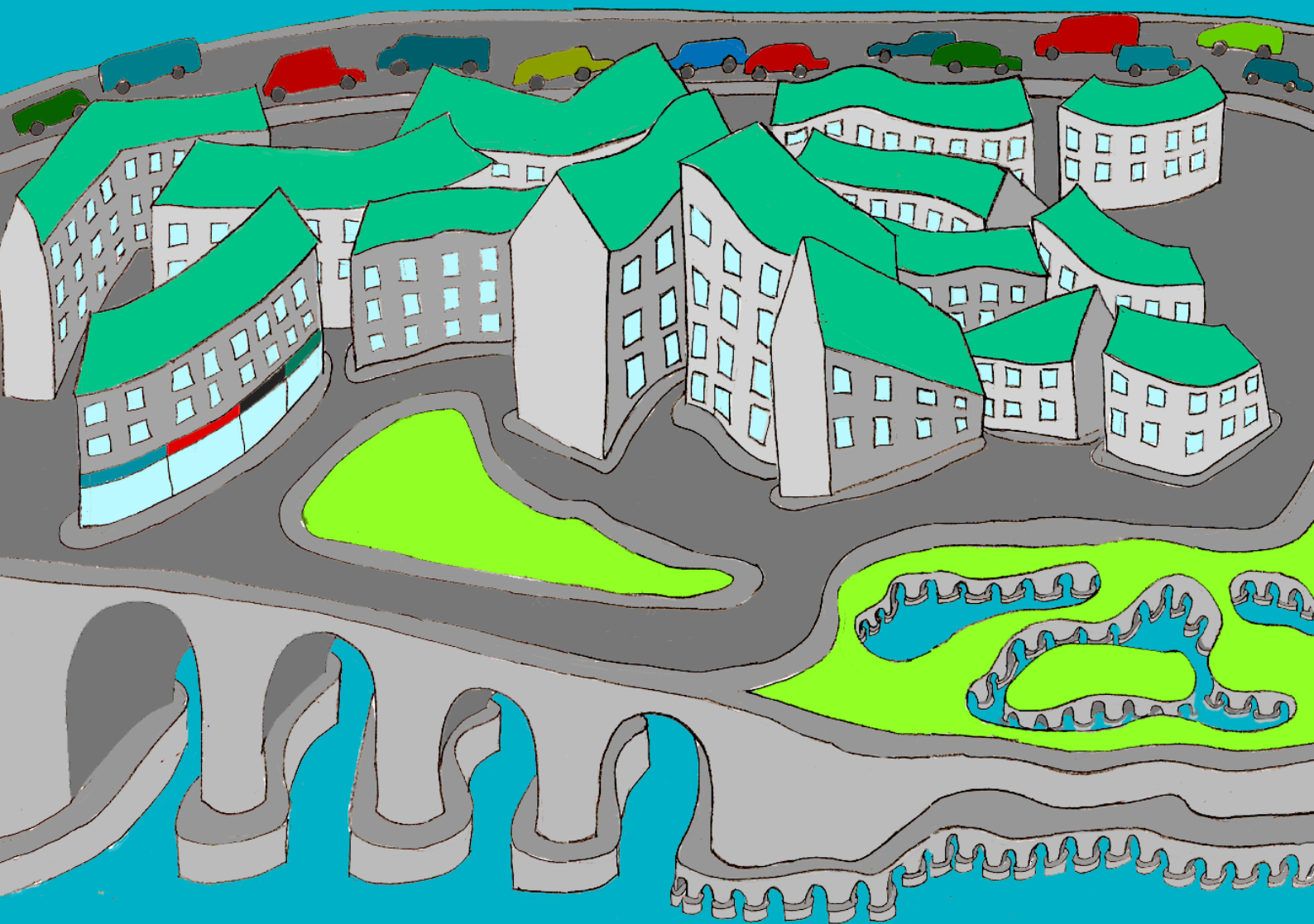


The Baring Foundation

CREATIVELY MINDED: THE DIRECTORY

UK organisations working in arts and mental health

Second edition



Creatively minded: the directory. UK organisations working in arts and mental health Second edition

About the Baring Foundation

The Baring Foundation is one of the UK's best known independent funders. Established in 1969 we seek to protect human rights and promote inclusion. You can find out more about us in *A History of the Baring Foundation in 50 Grants*.

The Baring Foundation has always funded the participatory arts and in 2020 we moved, after a ten-year focus on creative ageing, to start a new programme on creativity with and by people living with mental health problems.

This Directory has been compiled by David Cutler, Director of the Baring Foundation and edited by Harriet Lowe, the Communications and Research Officer. It was designed by Alex Valy.

About the cover image

Cover image by David Beales. David was a student at Croydon School of Art in the 1970s. He paints and draws pictures of life in the old asylums where he was a patient, and of the outside world he sees now that he lives in the community. The cover image, 'By the Sea', is a hybrid of these two themes. More of David's work can be seen here: bethlemgallery.com/artists/david-beales.

Thanks also go to the Bethlem Gallery for putting us in touch with David. Based within the grounds of the Bethlem Royal Hospital, the oldest psychiatric hospital in the world, the Gallery exists to support artists who are current or former patients of South London and Maudsley NHS Foundation Trust. For more information visit: bethlemgallery.com.

Disclaimer

Please note that inclusion in this Directory is not a quality mark or endorsement by the Baring Foundation.

We have tried our best to be as accurate as possible, and to include all those organisations we have met, funded or who have contacted us, but we know there will be omissions. There may also be entries where projects are no longer live, but we have wanted to give a sense of the interests of organisations.

We are likely to update this edition in the future, so please do get in touch!

Foreword

by David Cutler

WHY THIS DIRECTORY IS IMPOSSIBLE TO COMPILE BUT WE HOPE THAT IT IS USEFUL NONETHELESS

Origins

When the Baring Foundation decided that we wanted to support creative activities with people with mental health problems, it was obvious to us that we needed to find out a lot more about what was happening. There didn't seem to be one place to get a good overview and hence we published our first report, *Creatively Minded*, in February 2020.

At the end of *Creatively Minded*, we included an appendix of 170 organisations we had encountered that were running recent creative activities with people with mental health problems. We added to these and published *Creatively Minded: The Directory* – the 1st edition – in early 2021, with over 250 entries.

We continue to find dedicated and inspiring work which deserves to be better known, so we are now able to publish this second edition, with over 320 inspiring organisations dedicated to improving mental health through arts and creativity.

Definitions

Everything about creativity with and by people with mental health problems is difficult to define and there is rarely consensus around appropriate language or definitions. We explore this more in *Creatively Minded*.

In this directory we include organisations working with people with mental health problems. We understand that some people

and organisations may avoid this description and find it stigmatising. We simply observe it is probably the most commonly used phrase.

There are a large number of – many hundreds – of organisations that work with people who are at higher risk of mental health problems, for example prisoners, homeless people, refugees and people seeking asylum, people with learning disabilities and many others. A number of these groups have umbrella organisations such as the National Criminal Justice Arts Alliance and have their own directories. It is hard to be consistent here but where organisations emphasise their particular focus on mental health problems and trauma they have been included.

Finally, the Baring Foundation has for a long time funded 'participatory arts'. This is where a trained or experienced artist works with people who have not had her or his training in a highly facilitative way. This may sometimes be called co-production but is always putting these skills at the service of the participants in a project or programme. We recognise that there are many other ways of working too, including an even larger number of voluntary arts organisations.

What isn't included here

There is a huge amount of activity not covered here. In all cases this is because it is beyond our capacity to chart this and not because it does not have value in itself. All funders have priorities and ours continues to be participatory arts.

The Directory does not attempt to map the work of Creative Arts Therapists (including Arts, Music, Drama and Dance Therapists). The scale of these professions means that this is beyond our resources. Their professional

bodies will give much better accounts of them than we can, and a list of these is included at the back of this Directory. There is no similar body for participatory artists working with people with mental health problems. We are however interested in learning more about how Creative Arts Therapists and Participatory Artists can learn from each other and work together for everyone's benefit.

We are not including organisations that work with the entire community and see creativity as positive for everyone's wellbeing and mental health.

Many mental health organisations offer creative activities, sometimes with professional artists. This is true of many local branches of the charity, Mind. Some of these are so significant that we mention them; for example in the case of Portugal Prints which is part of Mind in Brent, Wandsworth and Westminster.

Similarly, most parts of England have Recovery Colleges associated with Mental Health Trusts which often have creative activities as part of a broader offer around recovery and life skills. Beyond this, Mental Health Trusts themselves sometimes run creative activities with professional artists; where they have created a separate charity to do this and we are aware of them/or they have asked to be included, these are listed. There are a number of further examples in our 2021 publication *Creatively Minded and the NHS*, however.

Overall, these boundaries have been hard to follow. Perhaps we haven't always been consistent and we won't be surprised if you disagree with us.

Some observations

There is a wide range of arts forms addressed in the Directory. Theatre, visual arts and music are probably the most frequently represented. An even larger number of organisations are multi art-form.

Many organisations have told us that the motivation for starting up was the personal experience of the founder, or a family member, of living with mental health problems.

The majority of the organisations listed here have small budgets and only a handful have a budget over £1 million per year. When we made a round of grants to specialist arts and mental health organisations in September 2020, of 87 organisations around half had budgets under £100k per annum and a quarter under £30k.

Therefore, most organisations are small scale, often offering a few workshops per week to groups of around a dozen people who have often used their services for a long time and who they have grown to know very well.

Despite surviving on a shoe string, some organisations have been working since the 1980s. Others have sprung up in the last few years.

Although some organisations specialise in working with children or young people and some organisations work with all age groups, a much greater number work with adults only. We have written more about this in a second publication *Creatively Minded and Young*. Organisations that specialise or mainly work with children and young people are marked in dark red in the A-Z.

WHY WE HOPE IT IS USEFUL NONETHELESS

For all the obvious limitations of this list, we still hope that it is of some use. We haven't come across anything that covers the same ground. In over a hundred conversations with people working in these organisations, it has been repeated many times that people would love to learn more about what is happening elsewhere and exchange practice. Two things are stopping them. The most important of these is capacity. The second is a map to guide them. We hope that our funding helps a little with the former and this is of some help with the latter.

David Cutler is Director of the Baring Foundation and leads its Arts Programme

Check-in/Check-out at the Outside Edge VAULT Festival 2019. Photo © Ali Wright.



A-Z of organisations

Dark red: these organisations either focus on or have a significant stream of work focusing on children and young people.

0282 CIC is named after the old dialling code for Burnley in Lancashire and is based at the central library. The organisation undertakes a range of arts, including photography, music and creative writing.

20 Stories High makes theatre with young people in Liverpool and has a partnership project on mental health with the local CAMHS.

42nd Street is a major centre for young people with mental health problems in Manchester and runs a range of creative sessions and projects through The Horsfall Centre.

64 Million Artists, the everyday creativity digital platform, has undertaken a clinically evaluated project for people with mental health problems called Creativity in Mind.

ACAVA began life in Hammersmith but now has a portfolio of managed studios in London, Essex and Stoke-on-Trent and runs several visual arts projects for people with mental health problems in London.

Active Inquiry are forum theatre experts based in Leith, Edinburgh. They create exciting new theatre and arts projects with and for communities on topics such as domestic violence, addiction and mental health.

The Alma Project. Established in 2010 in Edinburgh, the charity runs a wide range of creative activities, including visual arts and crafts, drama and creative writing.

All Being Well is an arts and wellbeing organisation based at Derby Arboretum Park. They work in and around Derbyshire at a number of venues using the visual arts.

Accessible Media, established in York in 1982, runs inclusive arts and media programmes including for people with enduring mental ill-health.

Angus Creative Minds in Forfar was set up in 2019 and offers a wide range of creative activities to support mental health and wellbeing in the local area.

An Lanntair in Stornoway is a multi-arts venue, which has had a number of arts and mental health initiatives over the years, including recently a participatory art work commission on the Isle of Lewis on the theme of mental health stigma, in partnership with See Me and the Mental Health Foundation.

Apples and Snakes is London based but with a national programme of spoken word poetry which has included work on mental health.

Arc (Arts for Recovery in the Community) is a specialist arts and mental health charity in Stockport with a range of projects including Arts on Prescription.

Arcola Theatre in East London has a series of community companies including one for mental health which devises work and runs two projects per year.

Art4Space is a community arts organisation based in Stockwell, South London, with a focus on the visual arts. Its weekly creative therapeutic support group takes referrals from the NHS and community partners and provides creatively free spaces where individuals can explore and experiment with their art.

Art and Soul is based in Middlesex and operates across South West London offering therapist-led visual arts workshops for adults and young people.

Art Angel is a long-standing specialist arts and mental health organisation in Dundee offering visual arts activity and creative writing.

Art at the Heart is the arts and health programme at Royal University Hospitals Bath NHS Foundation Trust. Its wide-ranging

programme of exhibitions, art commissions, music performances and participatory workshops includes working on wards with children and young people referred through CAMHS.

ArtatWork in Norwich create fun and relaxing art sessions with a focus on improving mental health. They often combine arts and local heritage, recently running the 'Slippers to Stiletto's' project which explored the history of the Norwich shoe industry with women with mental health problems.

ArtCare is the arts and health service at Salisbury NHS Foundation Trust. It is currently part of the Well-City Salisbury partnership between arts, heritage and health organisations which is offering creative courses on referral to adults and young people with mental health needs.

Artcore is a visual arts agency in Derby with a strong interest in arts and health. It has run weekly workshops called Art Enhancing Life which included people with mental health problems.

Artfelt is the arts programme at Sheffield Children's NHS Foundation Trust and has a number of projects around mental health, including improving the environment of its CAMHS and an active engagement programme for the children and young people who access its facilities.

Art in Healthcare based in Edinburgh and covering Scotland aims to transform the physical estate of the NHS with art and runs a number of participatory arts and mental health workshops.

Art in Mind is a Brighton based organisation largely working with children and young people. It has used a wide variety of art forms including puppetry, photography, animation, film making and creative writing. Its work includes peer-led mentoring and regular inclusion of exhibitions in the Brighton Festival.

Arts4Wellbeing works in and around Ceredigion with both adults and young people and has an emphasis on the outdoors and visual arts.

Art Branches in Bury St Edmund's, Suffolk, links creative projects for people with mental health projects to the environment with 14 self-employed artists covering film, photography and textiles.

Arts Care works across Northern Ireland and has used artists to work in a number of mental health settings, including with children and young people.

Artlift in Gloucestershire runs probably the best-known arts-on-prescription scheme, Create Well, with a wide range of options for adults with mental health problems, including community-based and online group courses and bespoke programmes for people living with complex barriers.

ArtLink Central in Stirling started out by engaging with people with disabilities but has broadened over the years. It mainly focuses on the visual arts. Its work with people with mental health problems has included military veterans, a social prescription service and work with the Chinese community, including a British Council project.

Artlink Edinburgh is an arts and disability agency with a long-running strand of work with people with mental health problems.

Artlink Hull is a disability arts charity which worked with Mad Pride on a festival in 2018 called 'It's a Mad World' and has also done work with the local Recovery College.

Artlink West Yorkshire is a disability arts organisation that employs one of the Arts and Minds Network workers (see below) and runs several arts and mental health projects.

Arts 2 Heal was founded by Banu Adam in Blackburn and specialises in empowering people with mental health problems, aiming for long term relationships until someone is ready to move on.

Arts and Health South West (AHSW) is a learning, advocacy, networking and development organisation for arts and health. Its regional strategy supports the delivery of arts activity for those experiencing mental health challenges.

Arts and Minds in Cambridge runs initiatives in a number of art forms such as a choir and arts sessions in local museums.

Arts and Minds Network in Leeds is largely funded by the Mental Health Trust and employs three part-time staff to deliver workshops and a festival, but chiefly to coordinate and link work.

Arts Care/Gofal Celf was established in West Wales in 1987 as a specialist in arts and mental health and has run numerous projects since then, including the Creative Communities project currently.

Arts Connection/Cyswllt Celf has been working across North Powys and Wrexham running participatory arts projects since 1994. Its mission is to inspire people to participate in the arts, enhancing their creativity and wellbeing.

Arts Network (SELAN) in Lewisham, London, offers arts and crafts activities to anyone with mental health problems, with a workroom/studio for independent work as well.

Art Shape is a county-wide social inclusion and disability organisation based in Gloucester which has run many arts and mental health projects for a number of years.

Artspace in Brighton is a studio space for people with mental health problems.

Arts Uplift CIC specialises in arts and health and heritage and works in Worcestershire, Coventry and Warwickshire, including with adults with mental health issues such as anxiety, depression and low mood.

Arty Folks reaches 170 adults in Coventry and Warwickshire from its studio space in the centre of Coventry and uses the visual arts.

The **Ashmolean Museum** in Oxford engages, as part of its 'Ashmolean for All' strategy, with a wide range of community groups including Mind, which resulted in an exhibition of participants' visual art works in the museum.

Avant Cymru is a Welsh theatre company which creates work around theatre, hip hop, breakdancing and mental health.

B arts is an established participatory arts organisation in Stoke-on-Trent with a large range of artists and working across art forms. It has set up a combined community supported bakery/arts space, mainly working with people with mental health problems.

Bath Museums' Partnership has worked with Creativity Works on a programme called @Freshart.

Badkamra is a social enterprise based in Manchester that uses video for socially engaged practice and has a number of projects on addiction and mental health.

Beating Time is based in Sevenoaks in Kent and runs choirs in prisons across England and works on mental health wings.

Belfast Exposed is a renowned photography gallery and agency with a socially engaged practice and for many years has run workshops in therapeutic photography.

Bespoken Theatre is co-located in Bethlem hospital. Led by lived experience practitioners, its practice is rooted in traditional theatre and storytelling, breaking down stigmas associated with mental health.

Bethlem Gallery, co-located with the Museum (below), is a visual arts space with many activities and professional, high-quality exhibitions.

Bethlem Museum of the Mind in South London draws on the internationally significant archive of the Bethlem Hospital with a wide-ranging events programme.

Big Blue Drum is an arts and health CIC working across art forms and in different settings and uses the visual arts with people experiencing anxiety and depression.

The **Big House Theatre Company** is based in London and works with care experienced and vulnerable young people with an emphasis on mental health.

Birmingham Centre for Arts Therapies (BCAT), while mainly focusing on Creative Arts Therapies, also uses participatory arts extensively, working across the Midlands and with both children and adults.

Birmingham Rep is the theatre and performance partner in the Bedlam Festival and also runs Lightpost, a theatre company for young black men with mental health problems.

Birmingham's **Wellbeing Community Choir** for people with mental health problems meets weekly in several locations and stages performances.

Blackfriars Settlement, a community charity in South London, runs a wide visual arts programme for people with mental health problems.

Blue Cabin in Gateshead uses a range of art forms to work with care experienced children and young people with a focus on mental health.

Borderland Voices in Leek in Staffordshire is a 'micro-charity' which engages a small group of regular participants in creative writing and, since lockdown, expressive arts.

Breakdown Bolton is a peer-led arts organisation using visual arts, sculpture, textiles and creative writing.

Breathe Creative is based in Bridgend and uses a wide variety of art forms including music, dance, drama and creative writing, as well as visual arts.

Breathe ahr (arts health research) in London runs a music project for mothers with postnatal depression, Melodies for Mums, which is being scaled up with funding from the Wellcome Trust.

BrightSparks is a community of mental health service users, volunteers and supporters using the arts in Leicester. A number of arts forms are used including comedy.

British Ceramics Biennial based in Stoke-on-Trent has run a number of arts and mental health projects including with Mind and with people recovering from addictions.

The **British Museum** is famous the world over and has a series of relationships with local Mind organisations to deliver walks and talks.

Brixton House, formerly Ovalhouse, is a brand new theatre building on a long tradition of community / participatory theatre with a strong emphasis on working with vulnerable

young people. This includes workshops and performances on mental health and a project with the local CAMHS.

Brixton Reel is a project run by ImagineAsiaLtd and works with ThriveLDN to host an annual festival of arts and film to explore what mental health means to diverse local communities.

The **Buddy Beat**, based in Johnstone in Renfrewshire, provides opportunities for music making, in particular drumming, for people with lived experience of mental health problems.

Cambridge Community Arts provides creative arts courses, across a wide range of art forms, to adults with experience of mental and physical ill-health. There is support for participants to set up creative clubs post-course and coaching for those wishing to move towards employment.

Cardboard Citizens in London engages homeless people, many of whom have mental health problems, in forum theatre pieces.

Care & Wellbeing CIC supports care and wellbeing services across rural Perth & Kinross. Its members include artists offering classes in creativity and mindfulness.

Cartwheel Arts based in Lancashire has been using participatory arts for over thirty years and has a strong strand of work across art forms for arts and mental health.

Cascade Theatre Company is based in Truro and operates across Cornwall. It recently narrowed its focus to solely working with people with mental health problems, using 20 freelance artists.

Cascade Creative Recovery in Brighton is a volunteer-led initiative with a café and creative workshops for people in recovery from addiction.

Cathja delivers visual arts workshops for people with mental health problems from a barge in West London.

Centrepieces Arts was founded as a collaboration between service users and the local NHS Trust. It later became independent and moved into its own premises in the London Borough of Bexley. In addition to the visual arts, work includes film, sculpture and creative writing.

Charnwood Arts is a participatory arts organisation in Loughborough which has run programmes for people with severe and enduring mental health problems.

City Arts Nottingham has a long track record in this area. It runs sessions for people with personal budgets, social prescribing programmes and a wellbeing programme to support young people. It has a partnership with the Institute of Mental Health at the University of Nottingham.

Chichester Festival Theatre has a renowned youth and community team which has begun to work in forensic mental health settings.

Chilli Studios is based in Newcastle and Gateshead and uses a range of art forms. Projects include 'Heads and Tales' which used archives to reclaim the voices of local people with mental health problems.

Cloth Cat Studios in Leeds is a music/ education initiative combining music with education and employment for those living in disadvantaged areas. Some of their work is specifically with young people and their Beat the Blues project works on mental health wards.

The **City of London Sinfonia** has had a residency called Sound Young Minds at the Bethlem and Maudsley Hospital School since 2017.

Click Therapy was founded by two photographers and is based in Wisbech, Cambridgeshire. Participants take part in a six-week series of workshops with social groups and exhibitions to culminate.

Community Music (CM) in East London runs Mind the Music, a mental health and wellbeing support project for young people. The project provides one-to-one or group sessions in digital production, instruments, singing and song-writing, taking both CAMHS referrals and self-referrals. CM has a partnership with Tower Hamlets and Newham CAMHS and is part of the social prescribing network.

Comics Youth is based in Liverpool and is governed and staffed by young people. It works with young people aged 8-25 with mental health problems, creating comics and zines.

Common Wheel in Glasgow is a mental health charity, which uses creativity, as well as cycling and bike maintenance, to improve mental health. It has also worked on the wards of the Gartnavel Royal Hospital.

Community Music Wales is based in Merthyr Tydfil. In 2019, it ran three week-long courses at different locations in Wales to equip community musicians with the skills to work in mental health settings followed by six-week placements to shadow experienced musicians in these settings.

Company Chameleon in Manchester is a professional touring dance company. It has an ongoing relationship with The Horsfall Centre, part of 42nd Street (see above), and its artistic director Kevin Edward Turner has also created a piece, *Witness This*, about his own experience of a mental health crisis.

Compass Community Arts takes an inclusive and socially engaged approach to visual arts in Eastbourne, often taking referrals of people with mental health problems.

Compass Collective based in London works with unaccompanied minors and young people seeking asylum using the medium of theatre, and with an emphasis on recognising trauma.

Core Arts began life at the old Hackney Hospital and is now an educational charity with 2,000 members and a wide ranging arts programme, as well as sports and horticulture.

Corn Exchange Newbury runs Links to Thrive, free creative sessions led by professional artists to support adult wellbeing and mental health through social prescription. Its courses and taster workshops offer creative activities, support and social connection to adults across West Berkshire.

Create Paisley is a youth arts project in Paisley, Renfrewshire, aiming to reduce loneliness and inequality. It runs regular arts sessions and events, and for two years has run the Open Mind Summit.

Creative Alternatives in St Helens, Merseyside, is an arts on prescription service with a longstanding commitment to people with mental health problems.

Creative and Connected Communities

supports disadvantaged communities in West London. It provides art related activities to people who are lonely and isolated, including people with mental health needs, building them to become more resilient and self-sufficient.

Creative Future is based in Brighton but works across the UK to provide support, training, professional development, workshops, publication and exhibitions to writers and visual artists with mental health issues and other groups who are underrepresented in the arts.

Creative Futures Midlands is a Leicester based arts organisation that combines arts, crafts and life skills with a community garden while working in a socially engaged way with people facing disadvantage.

The Creative Map CIC is based in Huddersfield and delivers creative activities, including songwriting, journaling and mindful art to a range of groups, including to people affected by anxiety and depression.

Creative Minds is a charity hosted by the South West Yorkshire Partnership NHS Trust. Launched in 2011 it has run over 500 arts projects, often in partnership with arts organisations.

Creative Recovery in Barnsley uses creativity to boost recovery and wellbeing across Yorkshire. The Open Art studio welcomes people with experience of alcohol and drug abuse and mental health problems.

Creative Response was established in 1993 and is based in Farnham, Surrey. It works with vulnerable people, mainly with mental health problems, using the visual arts and performance.

creativeShift CIC is an arts on referral agency in Bristol, working with adults experiencing isolation and mental health challenges. It works alongside the Bristol Arts on Referral Alliance.

Creative Sparkworks team up film and design professionals with young people to provide skills and employment training in film and media, and design. They have links with the Maudsley Hospital and the Lambeth early onset psychosis team, as well as taking referrals from primary care.

Creative Youth Network is a Bristol and South Gloucestershire based organisation working with 11- to 25-year-olds, often from disadvantaged backgrounds. Creative Youth Workers who are professional, practising artists and trained youth workers deliver activities.

Creativity Works is a community arts organisation based in Radstock in the West Country which focuses on arts and mental health and has a number of programmes running.

Culture& in London, over its thirty years of work on culture and diversity, has commissioned two works by composer Jocelyn Pook: *The Anxiety Fanfare* and *Hysteria: A Song Cycle for Singer and Psychiatrist*.

Cumbernauld Living Landscape runs the Wild Ways Well project which encourages local people to spend time in nature through a range of activities including arts and local heritage.

Cymaz Music is a music and singing organisation which has worked in Cornwall for over 20 years often on arts and health, including around children's mental health.

Daily Life Limited is an arts organisation based in London which produces Bobby Baker's work. Bobby's work tackles discrimination and stigma in everyday life, and her diaries were recently exhibited at the Wellcome Collection.

Dance Base in Edinburgh have run dance projects to support mental health, including their 'Great Feats' workshops, for young people currently not in education, employment and training.

darts is a community arts organisation in Doncaster. Its Creative Directions programme is for adults to access weekly sessions that support them to improve and maintain good mental health and wellbeing. Darts also offer creative and wellbeing programmes for children and young people.

De La Warr Pavilion is a modern arts gallery in Bexhill-on-Sea. It has run Art Lab, a collaboration with Sussex Recovery College which worked creatively with young people experiencing mental health challenges and the Discovery College: Photo Club. It has also run a creative writing project for mothers with postnatal depression.

Derby QUAD is an international centre for engagement in contemporary film and arts. Its activities have included the Uplift programme for creative wellbeing with links to the NHS and its local Mind.

Designs in Mind is a working studio in Oswestry, Shropshire, where adults living with mental health challenges work together on ambitious, experimental visual art and design projects.

Displace Yourself Theatre is a Bradford based touring theatre. It has a focus on working with sanctuary seekers and other vulnerable people around mental wellbeing, running regular participatory workshops.

Doorstep Arts in Torbay runs the Theatre of the Mind programme in schools which supports early intervention by increasing knowledge and understanding of mental health and wellbeing in young people.

Double Elephant Print Workshop based in Devon has provided its 'print on prescription' service for over a decade and also worked on psychiatric wards.

Dulwich Picture Gallery has run a number of mental health projects, including Together through Art for older people with mental health problems with the South London and Maudsley Recovery College. It is also working in a partnership to integrate arts into healthcare provided by the new Tessa Jowell Health Centre.

East London Dance entered into a strategic partnership with Sadler's Wells and HeadStart Newham in 2017 to provide dance classes for 150 10- to 15-year-olds to support mental health and wellbeing.

Edinburgh Children's Hospital Charity run an Arts Programme delivering a wide variety of activities for children in Edinburgh's Royal Hospital for Sick Children, including the CAMHS Inpatient Unit.

Edinburgh University Museums Service has a health and wellbeing initiative called Prescribe Culture for its students, in partnership with arts organisations including the Scottish Poetry Library and the Scottish Chamber Orchestra.

The **Empathy Museum** is a touring participatory arts organisation encouraging people 'to walk in others' shoes', including the shoes of people with experience of mental health problems.

esc films based in Belfast describes its approach as therapeutic film-making working with marginalised people including in forensic mental health.

Fabrica, the Brighton arts organisation and gallery, provides long-running mental health and wellbeing programmes, using creativity and culture to increase confidence, social connections and new networks. Adult suicide prevention projects include Men in Sheds and Men Who Make.

Fallen Angels Dance Theatre is based in Chester and specialises in recovery from addiction with classes in safe spaces as well as public performances.

Flying Fish Artists based in Barnstaple, Devon, uses art as therapy for people with mental health problems.

The **Foundling Museum** in London, as well as housing a historic art collection, uses participatory creative activities to seek to improve the life chances of vulnerable children and young people, with a strong focus on Adverse Childhood Experiences.

Four in Four in Wales is a cross-disciplinary arts organisation run by artists Tamsin Griffiths and Paul Whittaker and specialising in mental health. A recent example of work is *Gods and Kings*, performed at the Sherman Theatre.

Fluid Motion Theatre Company uses theatre and creative activity to improve the mental health of people across Hampshire. Its cross-artform work is underpinned by lived experience and includes a national touring performance programme, clinical interventions, educational workshops and the annual All in the Mind Festival.

Freedom from Torture runs a number of creative activities for survivors, including Write to Life, the longest running refugee creative writing group in Britain.

Free Space Project at Kentish Town Health Centre in North London works at the intersection of creativity, health and community, and includes activities for people with mental health problems.

Fresh Minds Education in Belfast design creative and educational programmes for improved mental emotional and health and suicide prevention among adults and children.

Freud Museum in London has engaged a series of local community groups through participatory arts including members of Mind.

Friction Arts in Birmingham works alongside working-class communities, using a wide range of art forms and has worked with mental health partner, Arts All Over the Place.

GARTH – Gwent Arts in Health uses a range of art forms to work mainly in hospitals, healthcare settings and in the community with patients and carers.

Geese Theatre based in Birmingham uses masks for making forum theatre and is increasingly working in forensic mental health settings.

Glenside Hospital Museum houses a collection on the history of mental health care and is based in a former psychiatric hospital in Bristol.

Green Close Studio started in 1996, originally with broader purposes, but over the last seven years, has specialised in mental health and has a partnership with Lancashire Recovery College. It is based in Carnforth in Lancashire and primarily uses visual arts.

Green Light Trust is a Suffolk based charity which uses the power of nature to support young people and adults who face barriers to life progression, including because of mental ill health. Arts and crafts are included alongside woodland management, conservation and outdoor wellbeing activities.

Good Vibrations is a national charity using communal-music making to support people in challenging circumstances including people with mental health needs. Work takes place in the community, in clinical settings and with offenders.

Hampshire Cultural Trust runs the ICE Project with the local CAMHS drawing on the resources of a number of arts and now heritage organisations across the county to work with vulnerable young people.

The **Harmony Choir** in Edinburgh is for people with mental health problems.

Heads On is the charity of the Sussex NHS Foundation Partnership Trust and includes a strong offer around creativity, most recently the 'Make Your Mark' programme.

Headspace Bolton uses a range of arts practices largely around performance including spoken word, radio, drama, as well as photography, and has a relationship to the Octagon Theatre.

Hear Me Out (formerly Music in Detention) supports people held in immigration facilities to create, perform and record original music. It engages people in community and clinical mental health settings in creative responses to and interactions with people in detention.

Heart of Glass is a St Helens/Merseyside based collaborative and social arts agency which delivers the Arts Council England Creative People and Places project for St Helens. In 2019 it commissioned the artist The Vacuum Cleaner to runs an arts and mental health festival called Madlove (see also below).

The **Hearth Centre** in Birmingham uses the arts to animate key issues in mental health and social care and to promote wellbeing. It is a contributor to the Bedlam Arts and Mental Health Festival.

Henry Hedgepodge Academy of ART, led by Deborah Withey and based in Pembrokeshire, uses creative arts therapies and participatory arts to support the psychological and social wellbeing of individuals of all ages, learning needs and health conditions.

High Peak Community Arts in Derbyshire has run its Project eARTH for adults experiencing mental distress since 2010. In weekly workshops led by professional artists and supported by mental health workers, participants work collectively to make artworks for the community.

Hive Bradford, based in Shipley, runs a wide range of arts and craft courses, including the Thrive programme for people with mental health problems, as well as offering drop-in studios for members to use.

Hood Mentality is based in London and uses creativity and sport to create safe spaces where young black men can confront mental health stigmas and build resilience. Its projects include a creative writing workshop called No Gimmicks Straight Lyrics.

Hoot Creative Arts is based in Kirklees, West Yorkshire, and specialises in arts and mental health working across art forms.

Hospital Rooms commission award-winning artists to enliven psychiatric hospitals with new work across the UK, recently three Psychiatric Intensive Care Units across London and Springfield Hospital in South West London.

Ice and Fire Theatre Company in London provide long-term or short-term creative expression projects with clients of frontline organisations who meet on a regular basis and co-create an artwork together. Partners include Freedom from Torture, Z2K and Room to Heal.

Independent Arts is a participatory arts organisation on the Isle of Wight which runs the Anxiety Café with a visual arts offer.

Inside Out Community is a thriving community of artists, volunteers and members in Ipswich who use art and creativity as a way of maintaining their mental health and emotional wellbeing.

Kazzum Arts in London is a participatory arts organisation, working with children and young people with social, emotional and mental health issues, communication needs and those living with trauma, displacement or within areas of social deprivation. They also offer training to arts organisations on trauma-informed arts practice.

Key Changes, based in North London but operating more widely, links people with mental health problems with music making and the music industry.

Kids in Control is a physical theatre company for young people of all abilities and backgrounds based in Belfast. Recent work

has included theatre projects with the Suicide Awareness and Support Group supported by the Arts Council Northern Ireland.

Inside Out Cymru is an arts and mental health charity delivering arts workshops and activities across the county of Gwent.

King's College London's Cultural Community is an interdisciplinary team which has arts and health as one of its areas of focus and has run a number of mental health projects.

Koestler Arts is one of the UK's best known prison arts charities, and works to bring creativity to people in criminal justice and secure settings, including secure health mental facilities. An annual highlight is the Koestler Awards exhibition.

Leeds Mind hosts a creative wellbeing service called Inkwell Arts which has a wide range of courses, events, screenings and exhibitions.

Lewisham Youth Theatre uses theatre as a tool to improve the wellbeing of vulnerable young people aged 3-24. Its Progression Programme trains and supports ethnically diverse young adults (18-25s) with lived experience of mental health problems to become youth arts facilitators in the field of arts and mental health.

The Lightbox is an arts centre and gallery in Woking, Surrey, with a focus on wellbeing. Its arts and wellbeing programme provides opportunities for those who would otherwise not be able to access and enjoy arts and heritage, including people with mental health problems.

LIFEbeat is a national charity using arts and creativity to work with young people aged 14-18, especially through summer residencies. They also offer creative facilitation training for professionals.

Lime Art in Manchester is an arts and health organisation based within Manchester University NHS Foundation Trust, and has run a number of projects around mental health including an artist in residence in a secure mental health unit. It has a wide-ranging creative offer to NHS staff.

The Line art walk in East London has a programme with wellbeing walks, workshops with mental health providers and audio

meditations to encourage people to spend time on The Line, connecting with art and nature to improve their mental health.

Live Music Now operates across the UK including taking trained early career musicians onto mental health wards.

Living Words is a creative-writing charity which has staged several festivals around brain science, mental health and the arts at the Quarterhouse in Folkestone.

LouDeemY Productions in the West Midlands works with the Birmingham and Solihull Mental Health Trust and specialises in performance arts and also photography.

The **Mac (Midlands Arts Centre)** is the visual arts partner of the Bedlam Festival in Birmingham.

Madlove, based in London, is the project of artist and mental health activist, the Vacuum Cleaner. Drawing on his own experience of mental health disability, he works with different groups to challenge how mental health is understood, treated and experienced.

Mafwa Theatre (MT) is a community theatre CIC made up of women from refugee, asylum seekers and settled communities in Leeds. It uses drama and the arts to bring people together for better mental health outcomes and stronger communities.

Magic Carpet Arts is an arts and health charity in Exeter which runs a variety of visual arts, singing and theatre sessions including around mental health.

Magna Vitae Trust in Lincolnshire was commissioned by the Lincolnshire Partnership Foundation NHS Trust to work with people with mental health problems resulting in a theatre piece called 1 in 4.

Make It Better CIC is based in Constantine and works across Cornwall and Devon using handheld digital devices for creativity with an emphasis on mental health.

Manchester Metropolitan University Arts & Health is a long running interdisciplinary centre.

Many Minds is based in Bristol and creates high-quality performance pieces with a range of professional artists led by its 150 members, all of whom have experienced mental health problems.

Marlborough Productions is Brighton's home for queer art and culture. Its Radical Rhizomes programme is a QTIPoc social gathering with an emphasis on mental health.

MBC Arts Wellbeing CIC in Sunderland combines free educational arts workshops, some of which are specifically for people with mental health problems. It also has 17 studios for independent work by artists and a mentoring programme.

Maslaha, a social justice initiative of the Muslim community based at the Free Word Centre in London, has included the arts in some of its mental health projects.

May Contain Nuts is a theatre company in Watford which started life on the psychiatric wards and has continued into the community.

The **Mental Fight Club** runs a weekly all-day creativity session using multiple art forms at the Dragon Café in South London.

The **Mental Health Foundation in Scotland** has run the Scottish Mental Health Arts Festival since 2007 which now takes place each May, as well as other arts initiatives related to the Edinburgh Festivals. The **Mental Health Foundation in Wales** ran the first Welsh art and mental health festival – Green Ribbon – in 2020.

The **Mental Health Museum** in Wakefield occupies a former psychiatric hospital and is run by the NHS Trust.

Merseyside Dance Initiative in Liverpool works to improve the physical and mental wellbeing of participants of all ages, abilities and backgrounds. Its focus is on artist development and breaking down barriers to participation across dance, digital and health.

Messy Connections is a collaborative network, building connections with people interested in exploring addiction and recovery through performance.

Mind and Movement Dance Company is a new company in London formed by Samantha Anne Mould and is concerned with world affairs and challenging mental health stigma.

Mind and Soul Community Choir is based at the Maudsley Hospital in South London and champions wellbeing through singing and challenging mental health stigma.

Mindful Art Club was set up by artists Peggy Melmoth and Emma Sprawson to combat social isolation and offer peer support for anxiety and depression. They run weekly groups offering coffee, creativity and company, online and in cafés and in community support services around Plymouth.

The **Mindfulness Centre of Excellence** co-designs creative, movement and performance based mindfulness interventions to help those who struggle to access mindfulness in “traditional” ways, including those with complex trauma, busy mums and health care professionals.

Mind My Art is a relatively new organisation in Bournemouth which uses creativity to relieve stress and to prevent mental health problems.

MK Arts for Health was set up by a group of clinicians before becoming an independent charity. It works across art forms and has a strong focus on people living with mental health problems. It has an Arts on Prescription programme, including a strand for children and young people called HEADSTART. It partners with a number of other arts and culture organisations locally.

MOLA (Museum of London Archaeology) provides archaeological and built-heritage expertise, but also has a mission to widen access to heritage. Its Thames Discovery Programme has worked with people experiencing mental health problems and its Built Heritage Youth Engagement Project with young people with experience of the youth justice system.

Moodswings is a mental health organisation based in Manchester with a number of arts projects in its repertoire, including singing, drama and visual arts.

More Music is a music and education charity based in the West End of Morecambe with an interest in arts, health and wellbeing. It has run Chameleons Singing for Health sessions for young people referred from CAMHS.

Movema Dance is based in Liverpool, and has recently expanded to Bristol. It has a focus on world dance and diverse communities, particularly young people, and its programmes and classes offer a safe and tolerant space to be creative and nurture mental health.

Moving Memories Dance Company is a participatory company which ran a mental health project called Moving Minds in Medway, Kent.

Museums Northumberland has run a creativity programme for Syrian refugees with mental health problems.

Music Support, based in London but operating nationally, is run by people from the music industry for people in the industry with mental health problems, including but not limited to addiction.

New Dance in North East Wales has run a series of dance workshops in the Heddfan Adult Mental Health Unit in the Maelor Hospital, Wrexham.

The **New Note Orchestra** in Brighton is for people recovering from addictions. There is also the New Note Strummers, a weekly guitar group.

Night Light Theatre describes its work as ‘arts for wellbeing’ and works across the North of England using the arts to connect and empower, including in schools and in the criminal justice system.

Noise Solution is a social enterprise which runs a music mentoring programme focused on music technology and beat-making with young people in the East of England.

Northern Ballet runs Rise, a dance and wellbeing project across primary schools in West Yorkshire. Rise uses ballet, creative dance and live performance to promote resilience, confidence, communication, self-expression and self-esteem.

North Tyneside Art Studio is based in North Shields and has been in operation since 1991. It offers a free Monday to Friday studio for people with mental health problems.

Nottingham Photographers' Hub is a Black led organisation which has a socially engaged practice mainly working with people with mental health issues and with a focus on young people. The Hub includes an Arts on Prescription project.

Nottingham Playhouse is the regional hub for Time for Change and used its production of *The Madness of King George* to initiate discussion.

Nottingham University Institute for Mental Health has a particular interest in the arts. It has a number of projects, including an annual open exhibition in collaboration with City Arts.

Oakleaf Enterprises has operated in Guildford for over twenty years providing services to people with mental health problems including arts classes, singing and guitar playing.

Odd Arts in Manchester uses theatre, dance, film-making and visual arts and includes mental health as one of its areas of expertise.

Open Arts in Hadleigh, Essex is one of the charities managed within the local NHS trust, with a strong suit in visual arts. It offers courses and has an open studio.

Open Door Centre, based in Birkenhead, offers creative activities for young people with mental health problems in The Wirral and on Merseyside.

Opera Circus is a touring opera and musical theatre company based in Dorset which also devises creative projects with young people. It is currently working with a variety of partners including NHS trusts on a pilot programme to develop the use of music for mental health and wellbeing.

Opera Holland Park in London works with groups in the community including the mental health charity Mind, promoting social inclusion and self-discovery through opera.

Opus Music CIC is an arts organisation based in Derbyshire specialising in training musicians to play in healthcare settings and working with mental health services in Nottinghamshire.

Orb Community Arts in Knaresborough runs a number of workshops with people with mental health problems from across the Harrogate District and North Yorkshire. These include using creative IT, cabaret and writing.

Out of Character in York is a theatre company of artists and performers comprising of people who use or have used mental health services. The company grew out of the Converge programme at York St John University (see below).

Outside Edge is a theatre company in East London founded in 1999 which specialises in work with people in recovery from addiction, providing free drama and performing arts activities that help people with complex needs to improve self-confidence, and enhance physical health and wellbeing.

Outside In, which has expanded from its origins at Pallant House Gallery in Chichester, represents 2,600 artists, around a third of whom have mental health problems.

Paintings in Hospitals is a national charity providing an extensive art collection and creative activities to support patients, service users and care staff. Its work takes place in many health and social care settings, including in psychiatric hospitals and mental health wards.

Paisley Opera in Scotland now has 50 members with a wide range of ages and with an emphasis on mental health.

Pan Intercultural Arts seeks to give voice, mainly through performance arts, to those who have faced trauma and exclusion, for instance young adult refugees.

Para Dance is a charity and the national governing body for Para Dance Sport in the UK. Its aim is to make dance inclusive for all, which includes dance that supports, engages and is developed with and for the mental health community.

Peabody Housing Association has worked with arts organisations including Social Material CIC to run creative activities with residents in supported housing.

PEAK – Art in the Black Mountains – ran creative writing classes for young people often referred to by CAMHS in their Caban Sgriblio (Scribbling Caban) project.

The People's Orchestra (TPO) in Sandwell was established in 2012 as a new type of ensemble, specialising in film, games and a light popular music. It has delivered a number of projects with people with mental health problems.

The **Perspective Project** is a digital arts project which in two years has displayed work by over 200 artists and writers with the aim of tackling mental health stigma.

Pilot Theatre is a national and international theatre company based in York, creating projects for, by, and with young people aged 11-25. Participatory projects include creative wellbeing activities in community spaces, and the co-creation of wellbeing resources.

Pioneer Projects operates from a community hub in High Bentham, North Yorkshire, and runs art groups for people with mental health problems.

Place2Be is a national mental health charity for children, largely working in schools. It has a creative arm called The Art Room which is developing digital resources for teachers to run creativity and wellbeing sessions.

Plantation Productions is an arts and media organisation based in Govan, Glasgow, which has run a multi art form programme called Creative Steps for people with mental health problems since 2014.

Playing ON is a socially engaged theatre company with a particular interest in mental health which has toured plays, including *Hearing Things* and *Can I Help You?*

Play for Progress, based in London, provides arts and music opportunities to isolated and unaccompanied young refugees.

Pool Arts is based in Manchester. It is run by artists, all of whom live with mental health problems, and offers supported studio space.

Portraits of Recovery is UK-based but works internationally, with visual artists engaging people recovering from substance abuse and their communities.

Project Ability is a Glasgow-based visual arts agency working with people with disabilities and lived experience of mental health problems, and runs an open studio called ReConnect.

Project Dare is based in London and uses performance arts with adults and young people with mental health problems, including eating disorders, to create confidence and body positivity.

Project Phakama is a youth-led participatory arts company in London, aiming to unite communities through daring public performance and projects. This has included a residency at Body and Soul.

Protégé DNA is based at Central St Martins in London, starting as an experiment in artist-led innovation and education. It facilitates young people up to the age of 30 to take the driving seat in testing creative learning approaches. Its work has included projects with CAMHS.

Queen's University Belfast runs the annual Northern Ireland Mental Health and Arts Festival.

Quench Arts is a West Midlands based community arts organisation which runs the Wavelength and Plug-in music making programmes for young people with mental health problems.

Radiate Arts is based in Chester but works across the North West and Mid Wales. It has a focus on the benefits of visual arts to aid positive mental health and personal resilience. Its work includes projects with veterans and women who have experienced domestic violence.

Raised Voices is an Edinburgh-based charity which delivers performing arts and creative writing opportunities to homeless people in the city.

Raw Material in Brixton, South London, is a music organisation which runs a music and mental health programme called Raw Sounds in the community and on hospital wards, open to adults and young people.

Reachout with Arts in Mind is a participatory arts organisation based in Alloa in Scotland specialising in creativity and mental health.

The Reader, based in Liverpool and operating nationally, uses the Shared Reading of great novels, poems and plays to help improve mental health and resilience, including in in-patient, recovery and community settings.

Real Talk is based in Edinburgh and is dedicated to using the power of storytelling with people with mental health problems. It works in partnership, including with the Scottish Storytelling Centre.

Real Talk Theatre tours workshops and interactive theatre pieces to schools to challenge stigma around mental health issues.

The **Recover Team** in Welwyn Garden City upcycles and restores furniture, blending practical skills and applied arts for people with mental health problems.

The **Recovery College Collective (ReCoCo)** is a recovery college in Newcastle-upon-Tyne offering creativity workshops to members.

The **Robin Hood Health Foundation** runs the Healing, Expressive and Recovery Arts (Hera) programme at the Brighton Health and Wellbeing Centre.

Re-Live Theatre in Cardiff has produced several participatory shows with veterans around the experience of PTSD.

The **Red Earth Collective** is based in Birmingham. It uses the arts to inspire stories, stimulate thinking and to create conversations that support and improve the mental health and wellbeing of marginalised and racialised communities.

Restoke is a community arts organisation in Stoke-on-Trent. It has a men's singing group called Up Men Sing to support mental health and has produced a play about men and mental health called *Man Up*.

The **Restoration Trust** in Norfolk is a heritage organisation providing 'culture therapy' in partnerships with NHS Trusts and universities.

The **Richmond Fellowship**, a national mental health charity, runs a community arts studio in Redhill, Surrey, called Art Matters.

The **Royal British Legion** has a creative arts programme called Bravo 22. They run weekend workshops across the UK for veterans and their families, alongside two bigger projects over several months, one theatre-making and one visual arts.

The **Royal College of Music** in London runs the Music and Motherhood programme for mothers with postnatal depression which is being academically evaluated.

The **Royal Liverpool Philharmonic** has worked with Mersey Care NHS Foundation Trust on its Music and Mental Health programme since 2007, engaging 10,000 service users.

Royal Philharmonic Orchestra was created in 1946 by Sir Thomas Beecham to create exceptional music and has run a number of projects working with people with mental health problems. Though based in London, with a new home in Brent, the RPO works nationally.

RT Projects based in Durham runs the Open Art Surgery, a studio space, primarily for visual arts, for people with a mental health problem.

St Matthew's House operates The Art House in Sheffield, which is dedicated to offering visual arts opportunities to people with mental health problems.

SAMPAD, the South Asian arts and heritage company based in Birmingham, is a partner in the Bedlam Festival as well as integrating mental health into a four-year project for women.

The **Scottish Poetry Library** has a strong focus on wellbeing, running the Creative Words for Wellbeing in Scotland programme using reading and writing to improve health, as well as developing lists of poems around mental health and running related initiatives such as Death Cafés.

Shallal is an inclusive arts charity based in Penzance. Starting out as a dance company, it is now multi art form and runs the inclusive Shallal Studios in Redruth.

Sheffield Environmental Movement aims to reconnect people from ethnic minority backgrounds to green space and natural heritage. Its 100 Black Men Walk for Health Group inspired the play, *Black Men Walking*, which toured nationally. Activities also include photography and ceramics.

Sheffield Flourish is a mental health charity which includes among its programmes Connected Worlds courses which use the arts, particularly storytelling, to help people tell their stories.

Significant Seams, based in Knowle in Devon, engages people going through transitions associated with mental ill health using textiles and craft making.

Small Performance Adventures is a Brighton based theatre group running workshops and creating performances 'for people affected by life'. This includes work on mental health and recovery from addiction such as 'The Washing Up' show.

Small World Theatre in Ceredigion, Wales, runs the Amethyst project for young people who have experienced issues around anxiety, depression and self-harm.

Social Material CIC is based in Hackney, London, in an unused space on a Peabody Housing Association estate. An art school has been created to work with people with mental health problems using the visual arts.

Soft Touch is a participatory arts company in Leicester which has run a number of mental health projects with young people.

Sonia Sabri Company in Birmingham works with those who wouldn't normally access dance, particularly women from underserved communities, providing opportunities to make connections, build confidence, and improve their physical and mental health.

Space2 in East Leeds is an arts and community organisation running several arts and mental health projects, including a group for men.

Space for You is based in a donated building in Penzance, and provides weekly workshops in art, music and dance to people over 16, sometimes through mental health services and social prescribing.

Spider Project on The Wirral is a creative arts and wellbeing recovery community group with workshops and Café 71 which is a non-clinical community space for anyone struggling to cope in a crisis.

Spitalfields Music in East London works with children and young people through their schools, offering workshops and longer-term projects around mental health and wellbeing.

SoCo Music Project is based in Southampton and has a wide range of socially engaged projects including participating in arts on prescription and taking one-to-one referrals from CAMHS.

Soldiers' Arts Academy (SAA) run workshops across art forms for veterans and serving military personnel, with hubs across England and Scotland. Its theatre productions include *Soldier On*, which highlighted the impact of trauma on soldiers. SAA also helps veterans who want to start a career in the arts.

Something to Aim For runs *The Sick of the Fringe (TSOTF)*, originally a support programme for artists around the Edinburgh Fringe and now an international commissioning, writing and festivals programme, aimed at celebrating the body, its problems and its potential.

Sound & Movement Sanctuary is a new initiative in south east London created by Devaki Thomas offering movement psychotherapy, music and dance.

Soundcastle operates in London, the South East and Bristol and uses community music-making to support people on a mental health recovery journey, including The People's Music Collective. It also runs an online community and training for facilitators working in music and mental health.

Sound Minds in South London is a user led charity channeling the power of creativity and peer support to improve the lives of people living with long term mental ill health. Its

studios house a creative community with music rehearsal, tuition, recording, filmmaking, a visual art studio, and a choir.

Spread the Word in London and the Young People's Laureate for London ran a campaign #MyMentalHealthJourney to encourage young people to write poetry to share their experiences of mental health.

Stand Easy Productions is a theatre-making project for veterans and families, based in Dundee but working more widely. It runs weekly workshops but also annual four-week immersive theatre-making projects culminating with a performance, including one production for The Fringe.

START Inspiring Minds has been working for over 25 years in Salford and is a creative hub with a focus on visual arts and craft and mental health including progression pathways.

Stepping Out Theatre in Bristol has specialised in mental health since 1997 with over 90 productions under its belt.

Stepping Stones Theatre, based in Gainsborough, Lincolnshire, has created six major shows as well as many other engagements including conferences.

Streetwise Opera provides creative opportunities, particularly music and opera, to people affected by homelessness.

Studio Upstairs runs artistic therapeutic communities, with studios in North London, Croydon and Bristol.

Support to Recovery (S2R) is a mental health charity based in Huddersfield which, in addition to creative activities, has a strong emphasis on outdoor activities and other wellbeing offers, such as aromatherapy.

Sydenham Garden in South London has a garden and nature reserve and runs creative and arts activities to help people in their recovery from physical and mental ill-health.

Synergy Creative Community in Brighton is a peer-led community organisation with weekly sessions using multiple art forms.

Take Art, based in rural Somerset, ran a poetry and performance project called Word/Play for people around their mental health experiences.

Take Up Space is an art and studio space in Belfast with a pop-up gallery using mainly visual arts to challenge mental health stigma.

Talitha Arts is a UK charity that delivers therapeutic arts workshops and training for those who have experienced trauma, abuse, violence, homelessness and for those living with dementia. Talitha workshops and training are delivered in the UK and overseas.

Theatre for Life CIC, based in Southampton, works with young people aged 14-25 years old and has had 300 participants. It has a partnership with Solent Mind.

Theatre Nemo in Glasgow specialises in supporting people with mental health problems and has been running multi art form workshops and devising work for over ten years.

Theatre Royal Plymouth's 'Our Space' creative programme has been running for over ten years and engages people with multiple and complex needs which includes mental health problems and substance abuse.

Theatre Troupe is a South London organisation working exclusively with young people aged 9-19 who have mental health problems and who have suffered emotional trauma.

The Brock in West Lothian offers visual arts, crafts and creative writing, alongside therapeutic horticulture.

TLC St Luke's Art and Drop-in Sessions in Manchester offer a wide range of arts practices, including writing, stitching, painting and photography.

Together Productions is a CIC based in London but operating more broadly using singing for positive social change through a number of choirs. They are in a partnership with the Mind and Soul Choir based at the South London and Maudsley NHS Trust.

Tonic Music for Mental Health is a music agency based in Portsmouth, working across the South Coast, which campaigns to challenge mental health stigma and runs a wide range of activities including tuition, workshops and choirs.

Underground Lights in Coventry is a community theatre organisation run by and for people experiencing homelessness and/or mental health issues. It runs drama workshops and more informal member-led Creative Café sessions with the Belgrade Theatre, Coventry.

The **University of Atypical** based in Belfast is an arts organisation led by disabled and D/deaf people and has been involved in the Northern Ireland Mental Health Arts Festival.

Tanio (formerly Valley and Vale Community Arts) in Bridgend has run a number of creative projects for people with mental health problems, including sessions for people with eating disorders at the Chapter Art Centre in Cardiff.

The VC Gallery is based in Pembrokeshire with drop-in centres in Haverford West and Pembroke Dock, and offers creative activities and support to veterans and also the wider community.

Venue Cymru in Llandudno runs a project for Conwy Arts Trust called *Creu/Create*, delivering fortnightly creative sessions for 12- to 16-year-olds experiencing mental health problems who are referred by mental health practitioners.

Viv Gordon Company is a creative campaign for voice, visibility and community for adult survivors of child sex abuse (CSA). It champions CSA survivor-led arts activism to drive narrative change and increase access and inclusion for adults with mental health needs arising from complex trauma.

Waterloo Uncovered runs recovery and wellbeing programmes for veterans and serving military personnel experiencing mental and physical ill-health, including through two-week excavations on the battlefield of Waterloo in Belgium. Creative activities are also part of the programme.

We Are Not Saints in Brighton is a record label for people recovering from addictions.

The **Wellcome Collection** ran an exhibition in collaboration with the Bethlem Museum of the Mind called *Bedlam: the Asylum and Beyond* and has commissioned new work around mental health for its Being Human gallery.

Wessex Archaeology is one of the arts and culture partners in the Well-City Salisbury project offering creative courses on referral to adults and young people with low to medium mental health needs.

Westminster Mind has been running *Portugal Prints* for over 35 years, with a number of workshop sessions per week, outings and exhibitions.

Whale Arts in Wester Hailes, Edinburgh, runs a range of art and wellbeing projects, including a women's weekly creative sewing group, a Men's Makers group, and Art in the Open, a therapeutic creative group run outdoors for people with mild to moderate mental health problems.

Women & Theatre, based in Birmingham, provides workshops in mental health settings in exchange for office space provided by the Birmingham and Solihull Mental Health Foundation Trust.

Wonder Warriors is a new community organisation with a mission to support the wellbeing of women and people affected by Endometriosis, and other reproductive conditions, in creative ways. Wonder Warriors work in London and Kent and online.

York St John's University runs the Converge programme with the local NHS Trust. Converge began by offering people with mental health problems a drama programme as students, but now offers courses in other art forms as well.

Yorkshire Dance is based in Leeds and offers weekly accessible dance sessions for young people and older adults which aim to support positive mental health outcomes by offering opportunities to socialise and have fun.

Yorkshire Sculpture Park has worked with Creative Minds to run a creative programme called Subject to Change for adults living with mental health problems.

ZooFish Arts CIC in Dorset has run a weekly group called Zap Arts in Poole which joined forces with the Richmond Fellowship to conduct a public engagement project as part of the Time to Change campaign on mental health.

Photo courtesy of START Inspiring Minds, Salford.



Map of organisations

The number in red refers to the location of the counties on the map (right).

ENGLAND

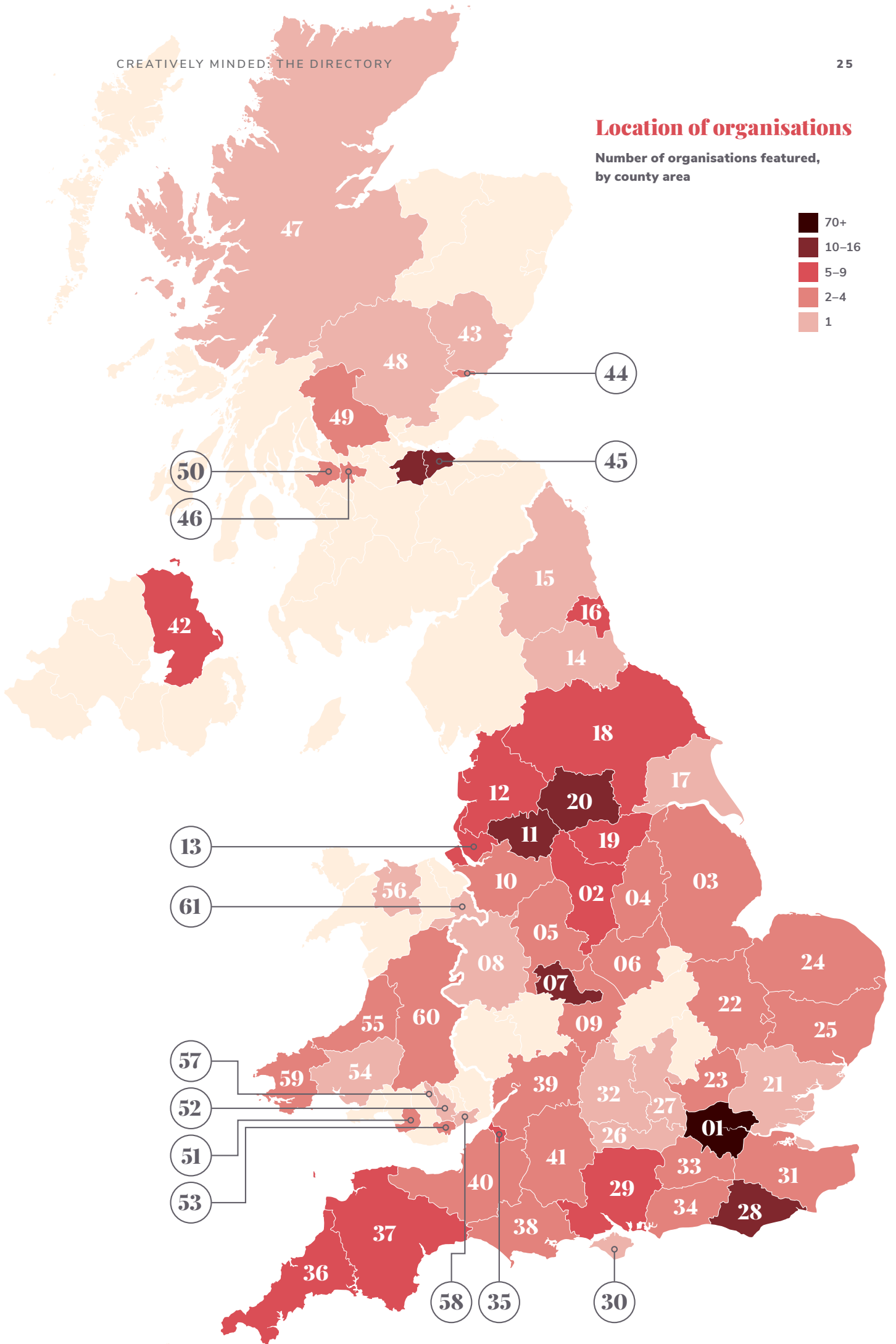
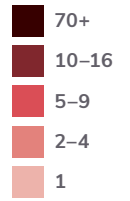
01 London

ACAVA
 Apples and Snakes
 Arcola Theatre
 Art4Space
 Art and Soul
 Arts Network (SELAN)
 Bespoken Theatre Company
 Bethlem Gallery & Bethlem Museum
 of the Mind
 The Big House Theatre Company
 Blackfriars Settlement
 Breathe ahr
 British Museum
 Brixton House
 Brixton Reel
 Cardboard Citizens
 Cathja
 Centrepieces Arts
 City of London Sinfonia
 Community Music
 Compass Collective
 Core Arts
 Creative and Connected Communities
 Creative SparkWorks
 Culture&
 Daily Life Limited
 Doorstep Arts
 Dulwich Picture Gallery
 East London Dance
 Foundling Museum
 Freedom from Torture
 Free Space Project
 Freud Museum
 Hood Mentality
 Ice and Fire Theatre Company
 Kazzum Arts
 Key Changes
 King's College London's Cultural Community

Lewisham Youth Theatre
 The Line
 Madlove
 Maslaha
 The Mental Fight Club/Dragon Café
 Mind and Movement Dance Company
 Mind and Soul Community Choir
 Mindfulness Centre of Excellence
 Museum of London Archaeology (MOLA)
 Music Support
 Opera Holland Park
 Outside Edge
 Pan Intercultural Arts
 Peabody Housing Association
 Play for Progress
 Playing ON
 Project Dare
 Project Phakama
 Protégé DNA
 Raw Material
 Richmond Fellowship
 Royal College of Music
 Royal Philharmonic Orchestra
 Social Material CIC
 Soundcastle
 Sound Minds
 Sound & Movement Sanctuary
 Spitalfields Music
 Spread the Word
 Studio Upstairs
 Sydenham Garden
 Theatre Troupe
 Together Productions
 Wellcome Collection
 Westminster Mind/Portugal Prints
 Wonder Warriors

Location of organisations

Number of organisations featured, by county area



East Midlands

02 Derbyshire

All Being Well, Derby
Artcore, Derby
High Peak Community Arts
Derby QUAD
Opus Music CIC

03 Lincolnshire

Magna Vitae Trust, Louth
Stepping Stones Theatre, Gainsborough

04 Nottinghamshire

City Arts, Nottingham
Nottingham Playhouse
Nottingham University Institute
for Mental Health
Nottingham Photographers' Hub

West Midlands

05 Staffordshire

B arts, Stoke-on-Trent
Borderland Voices, Leek
British Ceramics Biennial, Stoke-on-Trent
Restoke, Stoke-on-Trent

06 Leicestershire

BrightSparks, Leicester
Charnwood Arts, Loughborough
Creative Futures Midlands, Leicester
Soft Touch, Leicester

07 Birmingham

Birmingham Centre for Art Therapies
Birmingham Rep
Birmingham Wellbeing Community Choir
Friction Arts
Geese Theatre
The Hearth Centre
LouDeemY Productions
The Mac (Midlands Arts Centre)
The People's Orchestra, Sandwell
Quench Arts
The Red Earth Collective
SAMPAD
Sonia Sabri Company
Women & Theatre

08 Shropshire

Designs in Mind, Oswestry

09 Warwickshire

Arts Uplift
Arty Folks, Coventry
Underground Lights Community Theatre,
Coventry

North West

10 Cheshire

Fallen Angels Dance Theatre, Chester
Radiate Arts

11 Greater Manchester

42nd Street, Manchester
Arc, Stockport
Badkamra, Manchester/Stockport
Breakdown Bolton
Company Chameleon, Manchester
Headspace Bolton
Manchester Metropolitan University Arts
and Health
Lime Art, Manchester
Moodswings, Manchester
Odd Arts, Manchester
Pool Arts, Manchester
START Inspiring Minds, Salford
TLC St Luke's, Manchester

12 Lancashire

0282, Burnley
Arts 2 Heal, Blackburn
Cartwheel Arts, Heywood
Green Close Studio, Carnforth
More Music, Morecambe

13 Merseyside

20 Stories High, Liverpool
Comics Youth, Liverpool
Creative Alternatives, St Helens
Heart of Glass, St Helens
Merseyside Dance Initiative
Movema Dance, Liverpool
Open Door Centre, Birkenhead
Royal Liverpool Philharmonic
Spider Project, Birkenhead

North East

14 Durham

RT Projects

15 Northumberland

Museums Northumberland

16 Tyne and Wear

Blue Cabin, Gateshead
 Chilli Studios, Newcastle and Gateshead
 MBC Arts Wellbeing CIC, Sunderland
 North Tyneside Art Studio, North Shields
 Recovery College Collective, Newcastle

Yorkshire & Humber**17 East Riding of Yorkshire**

Artlink Hull

18 North Yorkshire

Accessible Media, York
 Orb Community Arts, Knaresborough
 Out of Character, York
 Pilot Theatre, York
 Pioneer Projects, High Bentham
 York St John's University

19 South Yorkshire

Artfelt, Sheffield
 Creative Recovery, Barnsley
 darts, Doncaster
 Sheffield Environmental Movement
 Sheffield Flourish
 St Matthew's House/The Art House, Sheffield

20 West Yorkshire

Artlink West Yorkshire
 Arts and Minds Network, Leeds
 Cloth Cat Studios, Leeds
 The Creative Map CIC
 Creative Minds, Wakefield
 Displace Yourself Theatre, Bradford
 The Hive, Shipley, Bradford
 Hoot Creative Arts, Kirklees
 Leeds Mind
 Mafwa Theatre, Leeds
 Mental Health Museum, Wakefield
 Northern Ballet, Leeds
 Yorkshire Dance, Leeds
 Space2, Leeds
 Support to Recovery (S2R), Huddersfield
 Yorkshire Sculpture Park

East of England**21 Essex**

Open Arts, Hadleigh

22 Cambridgeshire

Arts and Minds, Cambridge
 Cambridge Community Arts
 Click Therapy

23 Hertfordshire

May Contain Nuts, Watford
 Recover Team, Welwyn Garden City

24 Norfolk

ArtAtWork, Norwich
 Restoration Trust

25 Suffolk

Art Branches, Bury St Edmund's
 Green Light Trust
 Inside Out Community, Ipswich

South East**26 Berkshire**

Corn Exchange Newbury

27 Buckinghamshire

MK Arts for Health

28 East Sussex

Art in Mind
 Artspace, Brighton
 Cascade Creative Recovery, Brighton
 Compass Community Arts, Eastbourne
 Creative Future, Brighton
 De La Warr Pavilion, Bexhill-on-Sea
 Fabrica, Brighton
 Marlborough Productions, Brighton
 New Note Orchestra, Brighton
 Robin Hood Foundation, Brighton
 Rhythmix, Brighton
 Small Performance Adventures, Brighton
 Synergy Creative Community, Brighton
 We Are Not Saints, Brighton

29 Hampshire

Fluid Motion Theatre, Basingstoke
 Hampshire Cultural Trust
 SoCo Music Project, Southampton
 Theatre for Life CIC, Portsmouth
 Tonic Music, Portsmouth

30 Isle of Wight

Independent Arts, Newport

31 Kent

Beating Time, Sevenoaks
 Living Words, Folkestone
 Moving Memories Dance Company, Faversham

32 Oxfordshire

Ashmolean Museum, Oxford

33 Surrey

Creative Response, Farnham
 The Lightbox, Woking
 Oakleaf Enterprises, Guildford

34 West Sussex

Chichester Festival Theatre
 Heads On, Sussex Partnership NHS
 Foundation Trust
 Outside In, Chichester

South West**35 Bristol**

creativeShift
 Creative Youth Network
 Glenside Hospital Museum
 Many Minds
 Movema Dance
 Soundcastle
 Stepping Out Theatre
 Studio Upstairs

36 Cornwall

Cascade Theatre Company, Truro
 Cymaz Music, Saint Austell
 Make It Better CIC, Constantine
 Shallal, Penzance
 Space for You, Penzance

37 Devon

Arts and Health South West, Exeter
 Doorstep Arts, Torbay
 Double Elephant Print Workshop, Exeter
 Flying Fish Artists, Barnstaple
 Magic Carpet Arts, Exeter
 Mindful Art Club, Plymouth
 Significant Seams, Knowle
 Theatre Royal Plymouth

38 Dorset

Mind My Art
 Opera Circus
 ZooFish Arts CIC

39 Gloucestershire

Artlift, Gloucester
 Art Shape, Gloucester

40 Somerset

Art at the Heart
 Bath Museums' Partnership / Fresh Art @
 Creativity Works, Radstock
 Take Art

41 Wiltshire

ArtCare
 Wessex Archaeology

NORTHERN IRELAND**42 Antrim**

Arts Care, Belfast
 Belfast Exposed
 esc films, Belfast
 Fresh Minds Education, Belfast
 Kids in Control, Belfast
 Queen's University Belfast
 Take Up Space, Belfast
 The University of Atypical, Belfast

SCOTLAND**43 Angus**

Angus Creative Minds

44 Dundee

Art Angel
 Stand Easy

45 Edinburgh & West Lothian

Active Inquiry
 The Alma Project
 The Brock
 Art in Healthcare
 Artlink Edinburgh
 Dance Base
 Edinburgh Children's Hospital Charity
 Edinburgh University Museums Service
 The Harmony Choir
 Mental Health Foundation (Scotland)
 Raised Voices
 Real Talk
 Scottish Poetry Library
 Whale Arts

46 Glasgow

Common Wheel
 Plantation Productions
 Project Ability
 Theatre Nemo

47 Highlands and Islands

An Lanntair, Stornoway

48 Perthshire

Care & Wellbeing CIC

49 Stirling

Artlink Central
 Reachout with Arts in Mind, Alloa

50 Renfrewshire

Create Paisley
 The Buddy Beat
 Paisley Opera

WALES**51 Bridgend**

Breathe Creative
 Tanio

52 Caerphilly

Inside Out Cymru, Gwent

53 Cardiff

Four in Four
 Mental Health Foundation (Wales)
 Re-Live Theatre

54 Carmarthenshire

Arts Care/Gofal Celf, Carmarthen

55 Ceredigion

Arts4Wellbeing
 Small World Theatre

56 Conwy

Venue Cymru, Llandudno

57 Merthyr Tydfil

Community Music Wales

58 Newport

GARTH – Gwent Arts in Health

59 Pembrokeshire

Henry Hedgepodge Academy of ART
 The VC Gallery

60 Powys

Arts Connection/Cyswllt Celf
 PEAK – Art in the Black Mountains
 Radiate Arts

61 Wrexham

New Dance North East Wales

**UK-WIDE, REGIONAL,
TOURING OR DIGITAL**

64 Million Artists
 Avant Cymru (South Wales)
 Big Blue Drum
 Empathy Museum
 Good Vibrations
 Hospital Rooms
 Koestler Arts
 LIFEbeat
 Live Music Now
 Mind, various
 Hear Me Out
 Messy Connections
 Night Light Theatre (North of England)
 Noise Solution (East of England)
 Paintings in Hospitals
 Para Dance
 Perspective Project
 Portraits of Recovery
 Place2Be/The Art Room
 Real Talk Theatre
 Royal British Legion/Bravo 22
 Soldiers Arts Academy
 Streetwise Opera
 Talitha Arts
 The Reader
 Something To Aim For/The Sick of the Fringe
 Viv Gordon Company
 Waterloo Uncovered

Themes

We have curated the following themed lists, largely around art form specialism, for those looking for others doing similar work to them. The lists below are not comprehensive. However, we hope they provide you with an additional entry point into this Directory. Many organisations in this Directory are multi-disciplinary and so it is worth exploring the A-Z as well!

THEATRE

[20 Stories High](#)
[Active Inquiry](#)
[Arcola Theatre](#)
[Bespoken Theatre Company](#)
[Big House Theatre Company](#)
[Birmingham Rep](#)
[Brixton House](#)
[Cardboard Citizens](#)
[Cascade Theatre Company](#)
[Chichester Festival Theatre](#)
[Displace Yourself Theatre](#)
[Fluid Motion Theatre](#)
[Geese Theatre](#)
[Kids in Control](#)
[Lewisham Youth Theatre](#)
[LouDeemY Productions](#)
[Mafwa Theatre](#)
[Many Minds](#)
[May Contain Nuts](#)
[Messy Connections](#)
[Night Light Theatre](#)
[Outside Edge](#)
[Out of Character](#)
[Pan Intercultural Arts](#)
[Playing ON](#)
[Pilot Theatre](#)
[Project Dare](#)
[Project Phakama](#)
[Real Talk Theatre](#)
[Re-Live Theatre](#)
[Small World Theatre](#)
[Small Performance Adventures](#)
[Stand Easy](#)
[Stepping Stones Theatre](#)
[Stepping Out Theatre](#)
[Theatre for Life CIC](#)
[Theatre Troupe](#)
[Underground Lights Community Theatre](#)
[Women & Theatre](#)
[York St John's University/Converge](#)

MUSIC

[The Buddy Beat](#)
[City of London Sinfonia](#)
[Cloth Cat Studios](#)
[Common Wheel](#)
[Community Music, East London](#)
[Community Music Wales](#)
[Cymaz Music](#)
[Good Vibrations](#)
[Hear Me Out](#)
[Key Changes](#)
[Live Music Now](#)
[More Music](#)
[The New Note Orchestra](#)
[Opera Circus](#)
[Opera Holland Park](#)
[Opus Music CIC](#)
[Paisley Opera](#)
[Quench Arts](#)
[Raw Material](#)
[Royal Liverpool Philharmonic](#)
[Royal Philharmonic Orchestra](#)
[SoCo Music Project](#)
[Soundcastle](#)
[Sound Minds](#)
[Streetwise Opera](#)
[Spitalfields Music](#)
[Together Productions](#)
[Tonic Music for Mental Health](#)
[We are not Saints](#)

Choirs

A number of organisations (music specialists and others) in this field run choirs as part of their programmes; however here are a few specialist choirs:

[Beating Time](#)
[Birmingham Wellbeing Community Choir](#)
[The Harmony Choir](#)
[Mind and Soul Community Choir](#)

VISUAL ARTS

Arty Folks
 Arc (Arts for Recovery in the Community)
 Art and Soul
 Art4Space
 Artcore
 Artlift
 Artlink Central
 Art Branches
 Arts 2 Heal
 Belfast Exposed
 Bethlem Gallery
 British Ceramics Biennial
 Cathja
 Chilli Studios
 Click Therapy
 De La Warr Pavilion
 Designs in Mind
 Double Elephant Print Workshop
 Fabrica
 Hospital Rooms
 Koestler Arts
 The Lightbox
 The Line
 Nottingham Photographers' Hub
 Outside In
 Paintings in Hospitals
 Place2Be/The Art Room
 Portraits of Recovery
 Radiate Arts
 RT Projects
 St Matthew's House/The Art House
 Social Material CIC
 Portugal Prints / Westminster Mind

Studio spaces

Also part of the visual arts field, are a number of organisations which offer open access or supported studio spaces:

ACAVA
 Artspace
 Arts Network (SELAN)
 Creative Recovery
 Flying Fish Artists
 Hive Bradford
 MBC Arts Wellbeing CIC
 North Tyneside Art Studio
 Open Arts
 Pool Arts
 Project Ability
 Richmond Fellowship
 Shallal Studios
 Studio Upstairs
 Whale Arts

DANCE

Company Chameleon
 Dance Base
 East London Dance
 Fallen Angels Dance Theatre
 New Dance
 Mind and Movement Dance Company
 Merseyside Dance Initiative
 Movema
 Northern Ballet
 Para Dance
 Sonia Sabri Company
 Yorkshire Dance

STORYTELLING, CREATIVE WRITING, FILM

Apples and Snakes
 Badkamra
 Comics Youth
 Creative SparkWorks
 esc films
 The Hearth Centre
 Living Words
 Real Talk
 Scottish Poetry Library
 Spread the Word

MUSEUMS

Bath Museums Partnership
 Bethlem Museum of the Mind, London
 Edinburgh University Museums Service
 Foundling Museum
 Freud Museum
 Glenside Hospital Museum, Bristol
 Mental Health Museum, Wakefield

FESTIVALS

All in the Mind Festival (Fluid Motion Theatre)
 Bedlam Festival (SAMPAD, The Mac)
 Brixton Reel
 Green Ribbon Festival (Mental Health Foundation in Wales)
 Love Arts Festival, Leeds (Arts and Minds Network)
 Madlove (Heart of Glass)
 Northern Ireland Art and Mental Health Festival (Queen's University Belfast)
 Scottish Arts and Mental Health Festival (Mental Health Foundation in Scotland)
 Something To Aim For: The Sick of the Fringe

GREEN ARTS & HERITAGE

Art Branches
 Cumbernauld Living Landscape
 Green Light Trust
 Radiate Arts
 Restoration Trust
 Sheffield Environmental Movement
 Sydenham Garden

NHS ARTS AND MENTAL HEALTH PROGRAMMES

Please note we have included these where they are separate charities and/or they asked to be included. You will find a further listing in our recent report, *Creatively Minded and the NHS*.

ArtCare
 Artfelt
 Art at the Heart
 Art in Healthcare
 Creative Minds
 Free Space Project
 Heads On
 Lime Art
 Mental Health Museum
 Open Arts
 Robin Hood Health Foundation at the Brighton Health and Wellbeing Centre

CREATIVE ARTS THERAPIES PROFESSIONAL BODIES

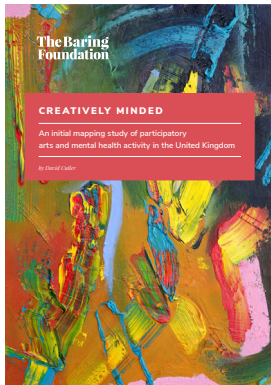
Association For Dance Movement
 Psychotherapy UK
 British Association of Art Therapists
 The British Association of Drama Therapists
 British Association for Music Therapy
 British Association For Performing Arts Medicine

Be in the Directory next time

We hope to update this Directory periodically as we know we will have missed out many great organisations. Please do get in touch with us if you would like to be added in the future by emailing: baring.foundation@ing.com

Selected Baring Foundation resources

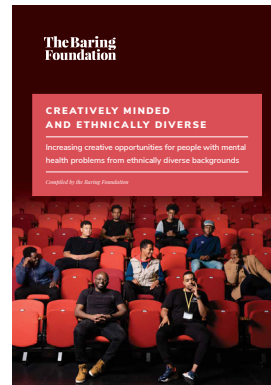
All resources can be found on our website www.baringfoundation.org.uk



Creatively Minded
David Cutler
2020



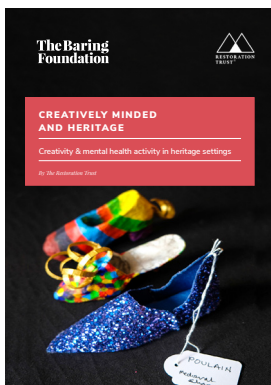
Creatively Minded and Young
Harriet Lowe
2020



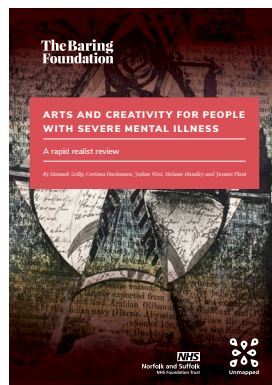
Creatively Minded and Ethnically Diverse
Compiled by
The Baring Foundation
2021



Creatively Minded and the NHS
David Cutler
2021



Creatively Minded and Heritage
The Restoration Trust
2022



Arts and creativity for people with severe mental illness
Hannah Zeilig, Corinna Hackmann, Julian West, Melanie Handley and Jasmin Plant
2022



Hampshire Cultural Trust *ICE Project's* workshop in a CAMHS clinic with artists from The Colour Factory, Winchester, © Strong Island Media.

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