

# Newsletter



## Kirklees & Calderdale June 2024

Registered charity no. 1055931-13

**Creative Minds is an NHS charity hosted by Southwest Yorkshire NHS Partnership Foundation Trust. We deliver creative approaches in health. These include the arts, horticulture, leisure, recreation, physical activity and sport.**

Hello

We are finishing up our work with Kirklees Year of Music ([Kirklees Year of Music 2023 \(musicinkirklees.co.uk\)](https://musicinkirklees.co.uk)) in which we funded 16 projects for the health and wellbeing strand of the year for 2300 people. We were very pleased this work alongside that of [hoot creative arts](#) was shortlisted for the Nordoff and Robbins Music & Culture for Wellbeing Award Northern City awards ([Northern Music Awards - Nordoff and Robbins \(nordoff-robbins.org.uk\)](https://nordoff-robbins.org.uk)). Congrats to our Creative Minds Safety Nets project worker Julie Metcalf who won the Disability Sport Yorkshire award for services to sport (see Safety Nets on page 10). Talking of sport, our Good Mood football league tournament has restarted with 7 teams of players from across our Trust. We have enough teams but some teams can be short of players and we like to see spectators cheering players on so if you are interested please get in touch with me. We have also brought back our themed fundays for adults with learning disabilities and our summer event will feature activities from Umbrella Yoga, fete games and an interactive holiday – themed adventure lead by our Creative Minds Creative practitioners Jess and Kirsty.

I hope you can find something of interest in this newsletter. Mine and Jessica's contact details are enclosed if you wish to get in touch.

Best Wishes

*Alex Feather* Creative Minds Development Manager



### Artwork courtesy of Jon Britten

Jon is a self-taught creative artist currently residing in Bronte Country, West Yorkshire. With no formal education or training in the arts, he took it upon himself to explore creation and experiment with various mediums to express the creative energy from within, including music creation/production, wood carving, crafting & more recently since 2020, revisiting acrylic painting. "Being passionate about art and expressing my creativity makes me feel like I have purpose & really gives me focus. Mental health and spirituality, for me, go hand in hand.

Follow and contact Jon on Instagram @wilfy\_jon\_studio



# Creative Minds funded projects in Calderdale



**Creative Minds presents 'Up North' a triple bill film screening with The British Urban Film Festival (BUFF)**

**Free tickets available** (on a first come first served basis) for people who use Southwest Yorkshire Partnership NHS Trust services/carers/the unemployed/Halifax residents.

**The screening features 2 short films created locally:**

'Lavender' (UK, 27 mins) - an emotional drama short film that delves into the memories of a person living with dementia, built around an interpretation of some of the difficulties they may face (directed by Andrew Ball-Shaw).  
'Taxi' (UK, 24 mins) is a gentle, funny and touching insight into the lives of a group of people we often take for granted (directed by Geoff Brokate for Verd de gris Arts).

Headline feature film: Absolutely Marvellous ((Director: Emmanuel Anyiam-Osigwe, UK, 84 mins)  
a fly-on-the-wall boxing documentary which centres around a visually impaired mother and her day-to-day life.

**Time and date: 6.15pm-10pm, Friday 26th July 2024**

**Venue:** Crossley Gallery, D Mill Reception, Dean Clough Mills, Halifax HX3 5AX

**Tickets booking:** [Up North, Down South \(July Edition\) - presented by Creative Minds Tickets, Fri 26 Jul 2024 at 18:15 | Eventbrite](#)

Follow BU Film Fest CIC on Instagram: @bufilmfest, on Twitter/X: @bufilmfestival, on Facebook: @buffconnects  
Enquiries: Alex (Creative Minds) 07827-232698



### **'Fun, Friendship and Fashion' - with The St Augustine's Centre**

'Fun, Friendship and Fashion' - with The St Augustine's Centre Creative Group for people seeking sanctuary. The group will design, sew and fashion based on recycling/ upcycling fabrics and donated clothes, building up to delivering a fashion parade in the Autumn of 2024, together with HOTS / Elsie Whiteley Centre. There will be 'mini moments' in the build up to this including during Refugee Week and at People's Park in August 2024 as part of Culturedale. We will introduce an additional, primarily peer-led sewing group for a number of sessions to mend and upcycle peoples clothes. With the involvement of a new professional practitioner, we'll encourage the design and making of outfits that can be proudly displayed on a catwalk at the Elsie Whiteley centre, to showcase the rich diversity and skills of our community.

**Who is it for?** People seeking sanctuary (people seeking asylum and refugees) and others needing support living in Calderdale.

**Contact:** Sara Robinson 07974 253089 [sara.robinson@staugustinescentrehalifax.org.uk](mailto:sara.robinson@staugustinescentrehalifax.org.uk)

**When:** Summer/Autumn 2024 dates and time tbc

**Venue:** St Augustines Centre, Hanson Lane, Halifax, HX1 5PG , People's Park, King Cross Street, Halifax, HX1 2TS

### **'Machpelah Makers Quilt Project' – with Reach4ward for Social Justice**

In this year of Culturedale 2024 we are inviting anyone with an interest in our area of the upper Calder valley to join us every Friday to design and make a quilt that reflects interesting people and architecture who have shaped our local culture and history over time. The quilt will feature embroidery, needlepoint, tapestry, printing, quilting, applique and creative writing and will be facilitated by local artists and makers. No experience of crafting necessary. All materials supplied. Tea and home-made cake every week.

**Who is it for?** Anyone with an interest in crafting, the history and culture of the Calder Valley and interested in developing new skills.

**When:** Every Friday 2-4pm in term time till end of Jan 2025

**Contact:** Liz Anstee 0771 3338698 [Lizanstee02@gmail.com](mailto:Lizanstee02@gmail.com) [www.Reach4ward.com](http://www.Reach4ward.com)

**Venue:** Machpelah Mill, Station Road, Hebden Bridge, HX7 8AU

### **'CULTURE CLUB 2024' - with The Basement Recovery Project**

We plan to create a Year of Culture 2024 Banner to display around events during Culturedale. We also plan to walk the Christopher Goddard routes starting in the Spring of 2024 – Incorporating his walks such as Cragg Vale Coiners Walk, Sowerby Bridge Industrial Heritage Walk and the Anne Lister Walk

**Who is it for?** Clients of The Basement Recovery Project, members of the Calderdale in Recovery community their friends and family. People from all cultural background and those addressing mental health and addiction issues.

**When:** Feb 2024 onwards

**Contact:** Lisa Whittaker – 01422 383063/07445 459666 [lisawhittaker@thebasementproject.org.uk](mailto:lisawhittaker@thebasementproject.org.uk)

**Venue:** please contact the above person

### **'Crafternoon Tea' – with The Halifax Minster Broderers**

If you struggle to meet people or are feeling isolated, come and get to know other people in a relaxed setting while learning a variety of craft activities. No previous experience of crafting required, all materials supplied including refreshments. Each session lasts 2 hours. **Booking essential as numbers are limited**

**Who is it for?** People who are isolated/lonely and find it difficult to meet people, people who love crafts

**Contact:** Annie Lancaster, [RaggedyAnnie1@virginmedia.com](mailto:RaggedyAnnie1@virginmedia.com) 07810625010

**When:** 1st / 3rd Friday's of the month, from 1.30 – 3.30pm There are three 12 week blocks between February and November

**Venue:** The Halifax Minster, Halifax, Causey Hall, Dispensary Walk, Halifax, HX1 1QR

### **'Creative and Inspire Art Project' – with Disability Support Calderdale**

We are a friendly group and people in the group do not work to a set routine. They can work on different art techniques and projects and what interests them and there will be an exhibition of the art work produced at the end of the project.

**Who is it for?** Disabled people and people with long-term health conditions.

**When:** Weekly, every Friday and the project starts on 10 March, 2024.

**Contact:** Disability Support Calderdale C.I.C. Phone: 0794451171 Email: [dsmain@hotmail.co.uk](mailto:dsmain@hotmail.co.uk)

**Venue:** Todmorden Learning Centre, Burnley Road, Todmorden, OL14 7BX

### **'Family fun and friendships' - with the National Autistic Society Calderdale Branch**

Calderdale NAS provides monthly family activities to support the social and sensory needs of autistic children and young people. Our youth group offers creative play opportunities for 8-18 year olds in an inclusive space. Activities include arts and crafts, cosplay, board games and Wii games. Roller skating sessions for 8-19 year olds include support for those new to skating or who want to improve their technique, plus refreshments in the café area.

**Who is it for?** Autistic children and young people and their families

**When:** Please contact the branch for event dates and times.

**Contact:** [calderdale@nas.org.uk](mailto:calderdale@nas.org.uk) [www.facebook.com/calderdalenas](http://www.facebook.com/calderdalenas)

**Venue:** Youth group: Forest Cottage Community Centre, Cousin Lane, Mixenden HX2 8AD Roller skating: The Halifax YMCA, The Marlborough Hall, 13-15 Crossley Street. Halifax. HX1 1UG

### **Home, help and heritage' - with Mukirka**

A music and dance, multicultural project involving Ukrainian, Iranian and Yorkshire cultures with a community orchestra, community choir and a local school. They are planning a concert and 2 rehearsals to celebrate these cultures as part of Culturedale. They would welcome the involvement of other people and a lovely appreciative audience. Mukirka is a community group of professional and amateur musicians, Mukirka raise funds to help people in Ukraine.

**Who is it for?** Musicians and dancers, the public concert audience

**When:** Springtime 2024 date and time tbc

**Contact:** Mandy Cioch [mandyian62@googlemail.com](mailto:mandyian62@googlemail.com) 07913123149 [www.facebook.com/mukirka](http://www.facebook.com/mukirka)

**Venue:** tbc

### **'Fine Lines' - Phoenix FM**

Fine lines can reflect several things from a radio show, writing poetry or drawing. Phoenix FM has always promoted many creative forms of art and the 'Fine Lines' project will engage people through a variety of options that they can take. These can include creating a radio programme, writing and recording poems or stories, painting or drawing either single images or comic book stories. However, it will also offer the opportunity for someone to add their chosen form of art that best represents who they are.

**Who is it for?** People who have either been born in Calderdale or have moved to the area and have been influenced by the area in positive ways that have helped their health and well-being.

**When:** Feb – Nov 2024

**Contact:** [sales@phoenixfm.co.uk](mailto:sales@phoenixfm.co.uk) Howard Priestley 01422 365923

**Venue:** Phoenix FM, Fletchers Mill, Dean Clough, Halifax, HX3 5AX

### **'Art for Wellbeing' - with Everybody Arts**

Join our Art for Wellbeing peer group. A free weekly drop in session for people using Art to support their mental health and wellbeing. We meet for connection, community and creativity.

**Who is it for?** Anyone who would like to use art to support their wellbeing

**When:** Wednesday afternoons from 1:30-3pm

**Contact:** Everybody Arts via 01422 346900 or the form on this page: <https://www.everybodyarts.org.uk/art-wellbeing-peer-group>

**Venue:** Everybody Arts, Shaw Lane, Halifax, HX3 9ET

### **'Discovering our home' - with Calderdale Valley of Sanctuary + EdShift C.I.C.**

Discovering Our Home is an after-school club aimed primarily at students who are seeking sanctuary. It will take place for one half term at a Halifax school. The students are going to learn some photography techniques and are then going to visit different places in Halifax where they can improve their wellbeing for free, such as the local parks and libraries. They are going to take pictures of these places using analogue cameras, and these photographs will be exhibited at the school and at the EdShift youth centre in central Halifax during Refugee Week in June 2024.

**Who is it for?** A group of young people from a Halifax school, prioritising students who are seeking sanctuary.

**When:** March – June 2024

**Contact:** Blake Doe, Calderdale Valley of Sanctuary [membership@calderdale.cityofsanctuary.org](mailto:membership@calderdale.cityofsanctuary.org) 07459 726679

**Venue:** Various venues in Halifax

### **'Wellbeing Connections through creative movements and music' - with Annapurna Dance**

The project has a strong focus on fostering togetherness and reducing loneliness. It contributes to community cohesion in Calderdale as it helps to raise awareness of Asian culture. The dance project will offer enjoyable artistic experiences for wider communities in Calderdale and will bring people together.

**Who is it for?** Young Asian people and wider communities

**Contact:** [info@annapurnadance.com](mailto:info@annapurnadance.com) <https://www.facebook.com/AnnapurnaIndianDance>

Twitter@annapurnadance

**Venue and times:** 13th June Young at Heart Group At Shay Stadium, Halifax. Time 2.30 pm

22nd June: Time 6.00pm Workshop with Asian Young people, Traditional Indian dance movements. Venue: Wellington Rooms, Wellington Street South Halifax

### **Climbing for All Families Programme' Celebrating Neuro Diversity' - with ROKT Foundation**

Climbing and urban adventure activities for children with special educational needs and their families. Activities include indoor bouldering, rope climbing, harness swinging and indoor caving. There is a new sensory space available. The programme supports families with children with learning disabilities with difficulties accessing mainstream activities. Our specially trained 'Climbing for All' instructors are expert in using adapted climbing equipment and techniques for children with neuro diversity and limited mobility. The sessions are bespoke to the family's needs and can either be run as a small group sessions or on a one to one basis. Please note, because of the style of the building, please contact us for a discussion regarding access and movement around the building. (supported with funding from Yorkshire sport)

**Who is it for?** Children with SEN and their wider families.

**Contact:** Email [katie.kinsella@roktfoundation.co.uk](mailto:katie.kinsella@roktfoundation.co.uk) Katie Kinsella –

**When:** Available through booking - email [info@roktfoundation.co.uk](mailto:info@roktfoundation.co.uk) or call 01484937180

**Venue:** ROKT Climbing and Activity Centre, Mill Royd Street, Brighouse, HD6 1EY

### **'Tales and Trails' with Handmade Productions CIC**

A bespoke piece of walkabout theatre that will interact with audiences right in the heart of their communities. Creating a magical experience, to unexpected spaces. This makes our work accessible to those who don't enjoy large crowds or have other barriers to access. The walkabout may visit care homes, residential streets where people may not usually engage with the arts and small scale community events.

**Who is it for?** 25 young people from Positive Identities, 30 people from Calder Community Cares

Neighborhoods and communities across 4 boroughs of Calderdale

**When:** Walkabout touring piece Feb 2025 Workshops Autumn 2024

**Contact:** <https://www.facebook.com/HandmadeProductions>

<https://www.instagram.com/handmadeproductions>

<https://handmadeproductions.org.uk>

**Venue:** Neighbourhoods and communities across 4 boroughs of Calderdale tbc

### **'Wellbeing Paddle Sessions' - with Blackdog Outdoors**

Instructed paddle sessions on the Rochdale Canal in Sowerby Bridge.

These sessions are aimed at improved wellbeing through a reconnection with nature.

(supported with funding from Yorkshire sport)

**Who is it for?** Calderdale Recovery & wellbeing College learners and any members of the public affected by poor mental health

**When:** Twice a month between March and October 2024

**Contact:** [Kayaking Taster Sessions - Calderdale and Kirklees Recovery College \(calderdalekirkleesrc.nhs.uk\)](#)

For further info contact: [admin@blackdogoutdoors.co.uk](mailto:admin@blackdogoutdoors.co.uk)

**Venue:** Rochdale Canal at Sowerby Bridge

### **'Wainstalls & Mount Tabor Window Walks'—with Mount Tabor Community Association**

The "window walks" project was born in Covid with the aim of connecting people who were socially isolated in a way that enabled participation at levels and in ways that suited individuals but also helped to develop a community spirit, which has a legacy of becoming much anticipated community events. This proposal will build on the current engagement in the "Window Walks of Mount Tabor and Wainstalls" which offers an opportunity for people to explore and showcase their creative talents by creating a themed display in a window or garden, that can be clearly seen from the path / roadside. An Online Google Map shows the locations of displays to help people decide on their own routes etc.

**Who is it for?** Open to locals and visitors

**When:** summer theme : scarecrows and the Olympics July 27th– Aug 10th, Halloween and Advent one in dec

**Contact:** Window walks: Julia Lumb & Raychel Whiteley [mrslumb@hotmail.co.uk](mailto:mrslumb@hotmail.co.uk) 07880907802

Website: [Home - Mount Tabor Community Association \(e-voice.org.uk\)](#)

Facebook group: [\(2\) Mount Tabor Community Association | Facebook](#)

[\(2\) Window Walks Mount Tabor & Wainstalls | Facebook](#)

**Venue:** windows and gardens in the community.

### **'Wobble boards' - with Age UK**

A 10 week progressive exercise programme with the primary purpose of enhancing mobility, balance and physical activity which enables service users to remain as independent as possible and reduces their risk of future falls. Delivered by 2 motivating chartered physiotherapists. We would offer drinks and a chance for social engagement at the end of each session. (supported with funding from Yorkshire sport)

**Who is it for?** People over 50, particularly those who want to combat the risk of falls and declining mobility

**When:** March—August 2024

**Contact:** Kerrylee Horton 07787 531253 01422 252040.

**Venue:** Rimani House, Hall Street, Halifax, HX1 5BD

### **Grow Well—gardening for wellbeing— with Halifax Opportunities Trust**

Horticultural lessons to provide the opportunity to be outdoors and connect with nature, learn new gardening skills, build confidence and meet new people. A light lunch will be provided. Learners have the option to stay in (and enjoy) the Outback Community Garden for an hour after each session. The Outback garden is a safe, accessible, relaxed and understanding space for participants to enjoy spending time in.

**Who is it for?** Calderdale residents with mental health needs.

**When:** April 2024 onwards

**Contact:** Sarah Waddington T: 01422 342552/07990 031075 E: [sarah.waddington@regen.org.uk](mailto:sarah.waddington@regen.org.uk)

**Venue:** The Outback Community Garden, Lightowler Road, Halifax, HX1 5NB

### **'Thriving together' - with Project Colt**

To run a calendar of funded social and therapeutic horticultural programmes and events in 2024 aimed to improve health and wellbeing, based in 'The Serenity Community Garden' at Project Colt Mills, Elland

**Who is it for?** people in addiction recovery and the long term unemployed but also the wider community

**When:** Feb 2024 onwards

**Contact:** Rusty Davies 01422 416520 [rusty@projectcolt.org.uk](mailto:rusty@projectcolt.org.uk)

**Venue:** The Serenity Community Garden' at Project Colt Mills, Elland, HX50SG

### Want to quit smoking?

If you want to quit smoking, Yorkshire Smokefree have a team of advisors to help you. We offer phone support and help you to get the right stop-smoking product. This makes it easier to stop smoking.

If you live in Calderdale phone: 0800 612 0011.

Ask for a call back by visiting the website online at:

[NHS Stop Smoking Service - Yorkshire Smokefree](#)

## Creative Minds Projects in Kirklees





### **'Time to Breathe' – with Carers Count**

We will run health and wellbeing workshops for unpaid carers, and the people they care for, across Kirklees. Workshops will be delivered over the spring/summer and provide unpaid carers with much needed respite from their caring responsibilities, or the chance to spend time with those they care for in an environment that encourages self-care. Workshops/activities will be agreed with carers and delivered in partnership with Eden Forest, S2R and the Westwood Centre. Examples of activities on offer include whittling, metal casting, indoor cooking, bushcraft, aromatherapy, journaling, and tai chi. We will offer a mix of day, evening and weekend sessions. More information will be shared with carers via the Carers Count website, social media, and newsletter. Some previously funded sessions are underway now.

**Who is it for?** Any carers over the age of 18yrs who live or care for someone who lives in Kirklees

**When:** May–Oct 2024

**Contact:** Contact carers count for the dates and times 0300 012 0231 [info@carerscount.org.uk](mailto:info@carerscount.org.uk)

**Venue:** Various venues across Kirklees

### **'Wobble boards' and Yoga - with Age Uk**

A 10 week progressive exercise programme with the primary purpose of enhancing mobility, balance and physical activity which enables service users to remain as independent as possible and reduces their risk of future falls. Delivered by 2 motivating chartered physiotherapists and Umbrella Yoga (see below). We would offer drinks and a chance for social engagement at the end of each session. (supported with funding from Yorkshire sport)

**Who is it for?** People over 50, particularly those who want to combat the risk of falls and declining mobility

**When:** Mar– Aug 2024

**Contact:** KerryLee Horton 07787 531253 01422 252040.

**Venue:** Sundale House, Bradley, Huddersfield HD2 1SY, The Whitfield Centre, 180 Soothill Lane, Batley, WF17 6HP

### **'Bud, Therapeutic Outdoor Activities' – with Growing Works**

Regular therapeutic gardening sessions for adults. Volunteer with us in a welcoming environment with tasks appropriate for all abilities. These small groups meet in the community to enjoy the benefits of gardening and socialising in the outdoor environment. Tasks include therapeutic gardening, growing edible plants, cooking healthy food, simple construction, site maintenance work, skills sharing and nature engagement. (supported with funding from Yorkshire sport)

**Who is it for?** Adults

**When:** Tuesdays and Thursdays 10am – 1pm

**Contact:** Rachel Burnett [Rachel@growingworks.org.uk](mailto:Rachel@growingworks.org.uk) 07845 415289

Website - [www.growingworks.org.uk](http://www.growingworks.org.uk)

Facebook – [www.facebook.com/growingworks](https://www.facebook.com/growingworks)

**Venue:** Wakefield Road Allotments, Between 503 and 505 Wakefield Road, Dalton, HD5 9XN

### **'Community Yoga in Kirklees' - with Umbrella Yoga CIC**

We are offering 60 Community Yoga sessions (12 sessions at 5 locations) across Kirklees.

Our yoga sessions involve gentle movements and controlled breathing practices, which calm the nervous system and safely develop physical and mental wellbeing. Each venue will also host a 'Yoga, Tea & Chat' session. Participants join in a yoga session and then stay on afterwards to share refreshments and talk together. This enables participants to form strong connections and support networks by offering a safe space to talk.

**Who is it for?** Everyone! We particularly welcome people with the most to gain from the yoga - those people struggling with mental and physical wellness, lacking financial independence, who may be isolated and lacking in confidence.

**When:** Sessions will run through to July 2024

**Contact:** Alida [alida@umbrellayoga.co.uk](mailto:alida@umbrellayoga.co.uk) or [hello@umbrellayoga.co.uk](mailto:hello@umbrellayoga.co.uk) Ellie 07402288146

**Venue:**

Batley - Trinity Centre (Tuesdays 1pm)

Dewsbury - Methodist Church (Wednesdays 10.30am)

Cowersley - Storth House (Thursdays 9.30am)

Ravensthorpe - Ravensthorpe Library 6-7pm Thursday evenings.

Paddock - Patricia Stoj Dance Studio, W View Rise, Paddock, Huddersfield HD1 4UR. Mondays, 12pm - 1pm.

Dalton - The Kirkwood, 21 Albany Rd, Huddersfield HD5 9UY. Saturdays 9.30 - 10.30am.

### **'Creative Wellbeing' - with MHA Communities Kirklees**

Creative Wellbeing; our project will be delivered at 3 venues in Huddersfield, Dewsbury and Cleckheaton with a focus each month on activities that increase physical and mental wellbeing through mindfulness, exercise and art. Including yoga and mindfulness, seated Zumba/dance/belly dancing, greencare, and nutrition, we will 'travel the culinary world' cooking food from different countries/cultures exploring the heritage of the food consumed.

**Who is it for?** Over 55's

**When:** Monday (Dewsbury 11.00-13.30) Thursday Cleckheaton (11.30-2.30) Friday Huddersfield (11.30-2.20)

**Contact:** [kirklees@mha.org.uk](mailto:kirklees@mha.org.uk) 01484 515420

**Venue:**

Dewsbury Longcauseway church, WF13 1NH

Cleckheaton Methodist church, BD19 5AR

Huddersfield Holy trinity church, HD1 4DT

### **‘Aspire Journeys’ — with Aspire Creating Communities**

Aspire Journeys is a reminiscence relationship-centred project spanning 14 sessions across 7 groups across Huddersfield. It includes opportunities for working in arts and crafts, textiles, mosaic making, scrapbooking, memory exploration, and storytelling.

**Who is it for?** People over 55, Aspire members, new members

**When:** 2024 dates tbc

**Contact:** Jo McFarlane, 07426841788, Jo@aspirecreatingcommunities.org.uk, Aspire Creating Communities 16 New North Parade, Huddersfield, HD1 5JP Tel: 07542 771518 [Creative occupational therapy | Aspire Creating Communities | England](#)

**Venue:** Aspire venues in Huddersfield [Groups | Aspire \(aspirecreatingcommunities.org.uk\)](#)

### **‘Creative Connections’ — with Holmfirth Arts Festival**

Creative Connections extends the creative offer of Holmfirth Arts Festival’s community engagement programme through 3 distinct projects:

- accessible activities amble (a guided country walk accompanied by music, singing, dancing and craft activities)
- Socialsinging (Singing for fun, wellbeing and socialising)
- Festival in your Home (Holmfirth Arts Festival will bring the Festival to residential care homes in, or near to, the Holme Valley. We will provide fun festive activities for care home residents).

**Who is it for?** People of all ages who are socially isolated and/or have poor mental health and physical/learning disabilities.

**When:** May-June 2024, opening gathering **6.00pm Friday 14<sup>th</sup> June 2024 @ Co-op Cafe, Market St, Holmfirth,**

**Contact:** Jo Rose Brewerton, Access and Inclusion Liaison at Holmfirth Arts Festival by email: [access@holmfirthartsfestival.co.uk](mailto:access@holmfirthartsfestival.co.uk). TBA contact us if you have a group or individuals or care home who would like to participate. Please keep an eye on [www.holmfirthartsfestival.co.uk/participate](http://www.holmfirthartsfestival.co.uk/participate) for more information

Socialsinging: Josh Haslam, Festival Manager and Jam Factory by email [manager@holmfirthartsfestival.co.uk](mailto:manager@holmfirthartsfestival.co.uk)

**Venue:** Accessible amble: Sands Recreation Grounds Holmfirth, Socialsinging: the festival will visit your group in the first instance

### **The ‘Town Island’ Project, - with Benaiah Matheson & The Be You Always Community Group (BYACG)**

A multicultural initiative fostering artistic expression and mental well-being. Through collaborative workshops, diverse community groups creatively craft flags, symbolising Huddersfield’s cultural heritage. This artistic dialogue bridges Carriacou/Grenada and Huddersfield, UK, celebrating unity amid unique cultural diversity. The flags, symbolise embodiments of shared narratives; debuted at the Venice Biennale 2024, championing cross-cultural understanding before coming back to exhibit later in Huddersfield 2024. ‘Town Island’ is in Partnership with Grenada Arts Council, The Tetley, British Council, Creative Minds, Biennials Connect & Broadening Horizons.

**Who is it for?** Project participants, visitors (in person & online.)

**When:** Feb - Dec 2024

**Contact:** Benaiah Matheson Instagram@Benaiahmatheson [hello@benaiahmatheson.com](mailto:hello@benaiahmatheson.com)

**Venue:** Grenadian pavilion at Venice Biennale, Huddersfield (location tbc)

### **‘Creative welcome’ - with IAsk (Immigration and Asylum Support Kirklees)**

The project will provide creative workshops (music and visual arts) as part of our new weekly Welcome & Support clubs. The creative session will be provided by Lawrence Batley Theatre artists. This is part of our growing partnership with Lawrence Batley Theatre. We are a nominated Community Partner for the theatre who are currently establishing themselves as a Theatre of Sanctuary.

**Who is it for?** People seeking asylum and refugees

**When:** Once a week from April 2023

**Contact:** 07702382647

**Venue:** Quaker Meeting House, Paddock, Huddersfield, HD1 4TR

### **‘Project GLOW’ (Get-together, learning and opportunities for wellbeing) - with Batley Sporting Foundation**

I. Delivering wellbeing, fitness, physical activity and sport sessions to young people who are neurodiverse and with SEND, teaching them how to look after their fitness and nutrition and movement in a fun and engaging way. Providing a safe and friendly space for everyone and for the two groups to come together socially and to make new friends.

II. Delivering activities for adults who are neurodiverse and with SEND for a monthly social, trying new activities every month.

III. Parents/Carers/Family sessions to improve wellbeing and create a social space with peer support, while taking part in activities.

**Who is it for?** Adults and young people with learning disabilities, neurodiversity and their families/carers

**When:** tbc

**Contact:** [info@batleysportingfoundation.org](mailto:info@batleysportingfoundation.org)

**Venue:** Fox’s Biscuits stadium, Heritage Road, Batley, WF17 7NZ

Supported with funding from Yorkshire sport.



### **‘Art from the Heart’ - with The Good Vibe Project**

The Good Vibe Project is a weekly hub for autistic adults and their carers to help reduce social isolation, fight depression and loneliness, and improve mental health. Our project ‘Art from the Heart’ will provide a space for autistic adults to be creative and produce some artwork to help reduce the stigma surrounding autism and give a sense of purpose and routine to autistic adults in Kirklees and the surrounding areas. The project will include 6 sessions over the course of 4 months, which will include making candles and tote bags, colour therapy with Colourocity, and art sessions with CollabARTi. We will then display our work to bridge the gap between ASD adults and the rest of the community by building a strong relationship between the two. This will also raise awareness about what our group does, and to educate people about autism. We want the autistic community to be seen, heard, and valued.

**Who is it for?** Autistic adults and their support/carers/PAs

**When:** Every Tuesday, 10am-3.30pm

**Contact** Michelle Ward 07383307521 Anetta Wypych:07917114887

**Venue:** 88 Fitzwillaim Street, Huddersfield, HD1 5BB

### **‘Raising Aspirations through Music Production + (Safe Space Studio)’ - with Yorkshire Youth and Music**

This is a partnership project between YY&M, C & K Careers, and Pivot 6. It aims to increase the health, wellbeing, aspirations and life chances of vulnerable young people in Kirklees who are not in employment or education or attend Pivot 6 (KS4 provision for excluded young people). At pivot academy young people access tutored music resources in learning blocks of several weeks .

‘Safe Space Studio’ came into existence following feedback from participants of our Music of Tomorrow project, they have asked us to offer open access studio time, so they can continue to meet up and support each other in their music making. We have been piloting this for the past month and have had good levels of attendance. The space is supervised by a music technician, who is also trained in Youth Mental Health First Aid. They work well together and have been encouraging other young people to join them. We hope that in a years’ time, the collective will be able to access other funding streams to continue their work together. We also aim to re-engage them with education, training and work through signposting to other organisations and setting up work experience opportunities.

**Who is it for?** Safe space studio: Open access will be available for young people aged 16-24.

**When:** Safe Space Studio 30 x 4 hours a week open studio time running 2pm-6pm on a Tuesday

**Contact:** Yorkshire Youth and Music – Becky Pugh, Project Lead, 07977 223679, [becky@yym.org.uk](mailto:becky@yym.org.uk) or tel: 01484 437434 email: [contact@yym.org.uk](mailto:contact@yym.org.uk) [www.yym.org.uk](http://www.yym.org.uk)

**Venue:** Yorkshire Youth and music, The Media Centre, 7 Northumberland Street, Huddersfield, HD1 1RL

### **‘Art for Ravensleigh’ - with Creative Minds & Ey Up**

Creative Minds have been supporting a project to put up artwork around Ravensleigh resource centre. The project was initiated by local artist, Jo Doll, who shared their vision for helping to create a comforting and welcoming environment at the centre by installing more artwork at the service, in order to brighten up the atmosphere and enhance the experience of those who use the centre. Creative Minds Creative Practitioner, Jess Kelly, has been working with others to bring this vision to life, and has collated artwork, photography, and written word from those who are interested in having their work displayed at the centre. We have been awarded funds by the Trusts charity Ey Up ([EyUp! charity - South West Yorkshire Partnership NHS Foundation Trust](#) ) for frames and printing.

**Who is it for?** People with lived experience of mental health issues and/or their carers. People who have used the service at Ravensleigh. Local groups with an interest in mental health and the arts.

**When:** Artwork has been collated. The project will likely take some more months to complete.

**Contact:** Jessica Kelly 07769 741095 email: [Jessica.Kelly@swyt.nhs.uk](mailto:Jessica.Kelly@swyt.nhs.uk)

## **Other projects**

### **Activity Packs**

Creative Minds has commissioned Support 2 Recovery Create Space (S2R) in Kirklees, and The Artworks Everybody School of Art in Calderdale to create free activity packs. The packs contain activities that provide creative ways to help improve your overall wellbeing, and they can be accessed online from home. They are available as hard copies or online. They will be available to people who use SWYPFT services including wards please call Alex Feather 0782-2232698, and the online copies can be used by anyone.

To access to the online S2R activity packs please go to:

[Creative Minds Activity Packs | S2R Create Space](#)

Artworks has created indoor and outdoor versions:

[Outdoor Activity Book — Artworks \(\[theartworks.org.uk\]\(http://theartworks.org.uk\)\)](#)

[Indoor Activity Book — Artworks \(\[theartworks.org.uk\]\(http://theartworks.org.uk\)\)](#)

## **'Safety Nets' - with Creative Minds**

Safety Nets is an intervention for young people (11 – 18 years). It's a collaborative project involving mental health services and professional sports and physical activity providers and clubs like Huddersfield Town Foundation, Invictus wellbeing, Halifax Panthers and The ROKT foundation. The project aims to improve the mental health and emotional wellbeing of young people in a safe and supportive environment, through wellbeing sessions and fun and uplifting team building activities. Free gifts will be given out as an incentive. We can also help link young people up with other initiatives and activities. We have funds to offer travel support for the young people.

**Who is it for?** Young people aged 11-18 with mental health or wellbeing needs, organisations with groups of these young people who can work with us to provide Safety Nets sessions

**When:** usually Wednesdays or Thursdays for 4-8 weeks of weekly sessions

**Contact** Creative Minds - Alex Feather as below

**Venue:** various across calderdale and kirklees

## **Summer Funday for adults with learning disabilities @The Zone**

The Zone St. Andrews Road, Huddersfield HD1 6PT. Themed activities, interactive games, yoga and fete games with access to new multisensory chillout space. To be on the mailing list for these events or book places please contact Alex Feather 07827-232698



**Good Mood football League tournaments @The Zone and West Riding FA**, Fleet Lane, Woodlesford, LS26 8NX

We probably have enough teams but sometimes they need spare players and we welcome appreciative supportive crowds to support mental health and wellbeing. If you want to get in touch please contact Alex Feather. Supported by funding and assistance from West Riding FA.

## **Your Kirklees & Calderdale Creative Minds contact is:**

### **Alex Feather**

Development Manager

I develop, co-ordinate, fund and manage creative initiatives. I have a background in the arts and community development. I have worked for the NHS in various roles for the past 16 years.

**Specialisms:** music, bibliotherapy, art, hidden impairments, dementia, carers issues, taking on the appearance of Ken Dodd

Phone: 07827 232698 **email:** Alex.Feather1@swyt.nhs.uk



Hi all,

I'm Jess, the Creative Practitioner at Creative Minds for Calderdale & Kirklees. I am delivering creative activities including music, art, Bibliotherapy, and walking for our wards, as well as for community teams and partner organisations.

**Specialisms include:** visual arts, music composition and technology, performing arts, stop-motion animation, and creative writing. I also enjoy running and hiking, and have an interest in how connecting with nature and getting outdoors can also support with our overall wellbeing.

Phone: 07769 741095 email: Jessica.Kelly@swyt.nhs.uk



## **Disclaimer**

Whilst Creative Minds and South West Yorkshire Partnership NHS FoundationTrust take care to provide accurate and up to date information, we cannot take full responsibility for the accuracy of the information contained in this newsletter and other Creative Minds promotional material.