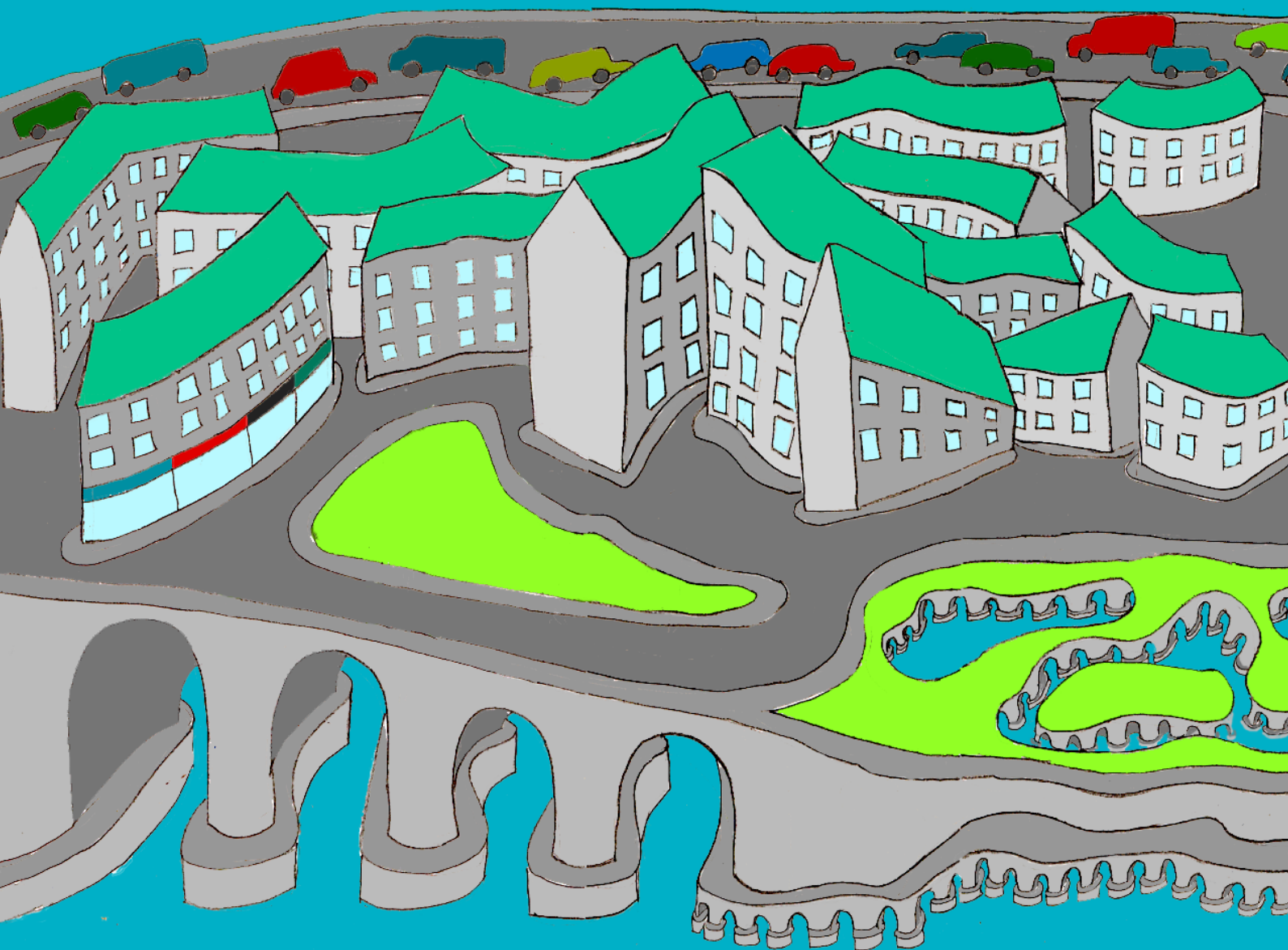


# The Baring Foundation



## **CREATIVELY MINDED: THE DIRECTORY**

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UK organisations working in arts and mental health

## **Creatively minded: the directory. UK organisations working in arts and mental health**

### **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. More can be found out about us in *A History of the Baring Foundation in 50 Grants*.

The Baring Foundation has always funded the 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.

### **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](http://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](http://bethlemgallery.com).

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# Foreword

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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 (which, in this year dominated by COVID-19, already feels like a life time ago).

At the end of *Creatively Minded*, we included an appendix of the organisations we had encountered that were running recent creative activities with people with mental health problems. The appendix included 170 organisations. Since then we have come into contact with a further 80 organisations which we have integrated into the original list to create this Directory.

What we have discovered in the process is a treasure trove of dedicated and inspiring work which deserves to be better known.

### 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 always involves 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 and their professional

bodies will give much better accounts of them than we can. 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, these are listed.

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 large 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 year 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 of some help with the latter.



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** 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 recently 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.

**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.

**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.

**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.

**Artcore** is a visual arts agency in Derby with a strong interest in arts and health which runs weekly workshops called Art Enhancing Life which includes people with mental health problems.

**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.

**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 problems 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.

**Artisan Studio CIC** in Poole, Dorset, offers a wide range of creative workshops including around mental health needs.

**Artlift** in Gloucester is probably the best known arts-on-prescription scheme with a wide range of options for people with mental health problems.

**Artlink Central** runs a weekly visual arts workshop for people with mental health problems in the Stirling region.

**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 a fortnightly visual arts studio.

**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 recently.

**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.

**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 as part of its 'Ashmolean for All' strategy engages with a wide range of community groups including Mind, resulting in a recent 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.

**Bath Museums' Partnership** has worked with Creativity Works, Avon & Wiltshire Mental Health Partnership Trust and Virgin Care 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 Company** is co-located with Bethlem Gallery and all members of the Company have lived experience of mental health problems.

**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 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.

The **Birmingham 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, creative writing, as well as visual arts.

**Breathe ahr (arts health research)** in London has run a music project for mothers with postnatal depression, Melodies for Mums, which will be 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 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.

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

**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 working solely 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.

**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 'Instru-mental' project works on mental health wards.

**City Arts** in Nottingham runs a mixed membership weekly visual arts workshop and partners with the Institute of Mental Health at the University of Nottingham on its arts programming.

The **City of London Sinfonia** has had a three-year residency at the Bethlem and Maudsley Hospital School.

**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.

**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 music organisation working with people with mental health problems, including 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 an opportunity for a six-week placement 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.

**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 which brings stakeholders from different sectors together around creativity, young people and wellbeing.

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

**Creative Future** in Brighton works in the visual arts and creative writing to increase recognition for 'outsider artists' including people with mental health problems.

**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 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 recently commissioned two works by composer Jocelyn Pook: *The Anxiety Fanfare* and *Hysteria: A Song Cycle for Singer and Psychiatrist*.

**Cymaz Music** is a music and singing organisation which has worked in Cornwall for over 20 years often on arts and health, and is currently working with children around 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 runs weekly workshops for young people currently not in education, employment and training, called 'Great Feats'.

**darts** is the community arts organisation in Doncaster with long-running programmes for mental health and creativity, currently called Creative Directions.

**De La Warr Pavilion** is a modern arts gallery in Bexhill-on-Sea and has been running a creative writing project called 'Mother Lode' for mothers with postnatal depression.

**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 a programme running with the South London and Maudsley Recovery College for older people with mental health problems.

**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 piloted 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 visual arts agency in Brighton, works with the Men's Shed in Kemptown.

**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.

**Foundling Museum** in London ran the Tracing Our Tales project with care-experienced young people.

**Four in Four** in Wales is a cross-disciplinary arts organisation specialising in mental health. A recent example of work is *Gods and Kings* performed at the Sherman Theatre.

**Fluid Motion Theatre** in Basingstoke is a touring and participatory theatre company specialising in mental health. It also runs an annual outdoor arts and mental health festival called All in the Mind.

**Freedom from Torture** runs a number of creative activities for survivors, including Write for 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 is engaging a series of local community groups through participatory arts including members of Mind.

**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. It is based in Carnforth in Lancashire and primarily uses visual arts.

**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 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 with the Octagon Theatre.

**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 run 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 humanities and promote wellbeing. Their new piece *Revolving Door* was commissioned for the Bedlam Festival 2019.

**High Peak Community Arts** is a participatory arts organisation which runs Project eARTh, a rural arts and health programme for adults experiencing mental distress and other long term conditions organised in partnership with High Peak Mental Health Project.

**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.

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

**Hospital Rooms** have commissioned award-winning artists to enliven psychiatric hospitals with new work across the UK.

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

**Kazzum Arts** in London is a participatory arts organisation, working with children and young people who have social, emotional and mental health issues, communication needs and those who are living with trauma, displacement or within areas of social deprivation.

**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 Community** uses a range of art forms including dance, visual arts and creative writing. It is based in Ipswich, Suffolk.

**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 project called Inkwell Arts which has a wide range of courses, events, screenings and exhibitions.

**Lime Art** in Manchester is an arts and health organisation based within Manchester University NHS Foundation Trust, and has a number of projects around mental health including an artist in residence in a secure mental health unit.

**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.

**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 and 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.

**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.

**Mean Feet Dance** is based in Somerset and specialises in dance and mental health.

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.

**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.

**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. It is now running Chameleons Singing for Health sessions for young people referred from CAMHS.

**Movema Dance** was formed in Liverpool with a focus on diversity and world dance and has had an emphasis on mental health for young people.

**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 in Detention**, while based in the London, works across the UK. It has worked with 7,000 detainees since 2015 with an emphasis on mental health.

**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.

**Nemo Arts/Theatre Nemo** in Glasgow offers creative activities across a wide range of art forms to people with mental health problems.

**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.

**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.

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

**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 Essex is run by the NHS Trust with a strong suit in visual arts, and was recently evaluated.

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

**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 which specialises in work with people in recovery from addiction.

**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 which combines an extensive art collection with creative activities. These take place in many health and social care settings, including on mental health wards.

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

**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 by CAMHS in their Caban Sgriblio (Scribbling Caban) project.

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.

**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, but which also runs The Art Room, until recently based in schools, but now developing into a new mobile service.

**Plantation Productions** is an arts and media organisation based in Govan, Glasgow, which has run 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.

**Queen's University Belfast** runs the annual Northern Ireland Arts and Mental Health 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. The company works in the North West of England as well as Powys in Wales. It delivers creative workshops using the visual arts to people with mental health problems.

**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 arts and mental health.

**The Reader**, based in Liverpool and operating nationally, runs reading groups on mental health wards.

**Real Talk** is based in Edinburgh and is dedicated to using the power of storytelling with people with mental health problems. It has a partnership 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 which 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 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 the NHS Trust since 2007 engaging 10,000 service users.

**Rhythmix** in Brighton is a music organisation with a strand of work around mental health and young people.

**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 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 based in Brighton and works with people who face exclusion, including through mental health stigma.

**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.

**Soundcastle** is a music-making social enterprise, based in London but operating beyond, which runs a programme around resilience for people with mental health problems called The People's Music Collective.

**Sound Minds** is based in South London and is primarily a music agency whilst also running a wider programme including film and visual arts.

**Space2** in East Leeds is an arts and community organisation running several arts and mental health projects.

**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.

**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.

**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 and offers progression pathways.

**Stepping Out Theatre** in Bristol has specialised in mental health since 1997 with over seventy 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 provides arts and crafts to people with mental health problems and has published evaluations.

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

**Take Art**, based in Somerset, ran a poetry on prescription 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.

**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 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.



**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 Community Theatre** meets in Coventry's Belgrade Theatre and engages participants with experience of homelessness and mental health problems.

The **University of the 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.

**Valley and Vale Community Arts** in Bridgend runs two social prescribing projects, Breathing Space and The Butterfly Garden, for people with anxiety and depression, and has run a weekly session at Chapter Art Centre in Cardiff for people with eating disorders.

**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.

**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.

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

**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.

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

**ZooFish Arts CIC** in Dorset runs 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.

# 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  
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 Reel  
Cardboard Citizens  
Cathja  
Centrepieces Arts  
City of London Sinfonia  
Compass Collective  
Core Arts  
Culture&  
Daily Life Limited  
Dulwich Picture Gallery  
East London Dance  
Foundling Museum  
Freedom from Torture  
Free Space Project  
Freud Museum  
Kazzum Arts  
Key Changes  
King's College London's Cultural Community  
Madlove  
Maslaha  
The Mental Fight Club/Dragon Café  
Mind and Movement Dance Company  
Mind and Soul Community Choir  
Music Support  
Outside Edge  
Peabody Housing Association

Play for Progress  
Playing ON  
Project Dare  
Raw Material  
Royal College of Music  
Social Material CIC  
Soundcastle  
Sound Minds  
Spread the Word  
Studio Upstairs  
Sydenham Garden  
Theatre Troupe  
Wellcome Collection  
Westminster Mind/Portugal Prints

### Midlands East & West

### 02 Derbyshire

All Being Well, Derby  
Artcore, Derby  
High Peak Community Arts

### 03 Leicestershire

BrightSparks, Leicester  
Charnwood Arts, Loughborough  
Soft Touch, Leicester

### 04 Lincolnshire

Magna Vitae Trust, Louth  
Stepping Stones Theatre, Gainsborough

### 05 Nottinghamshire

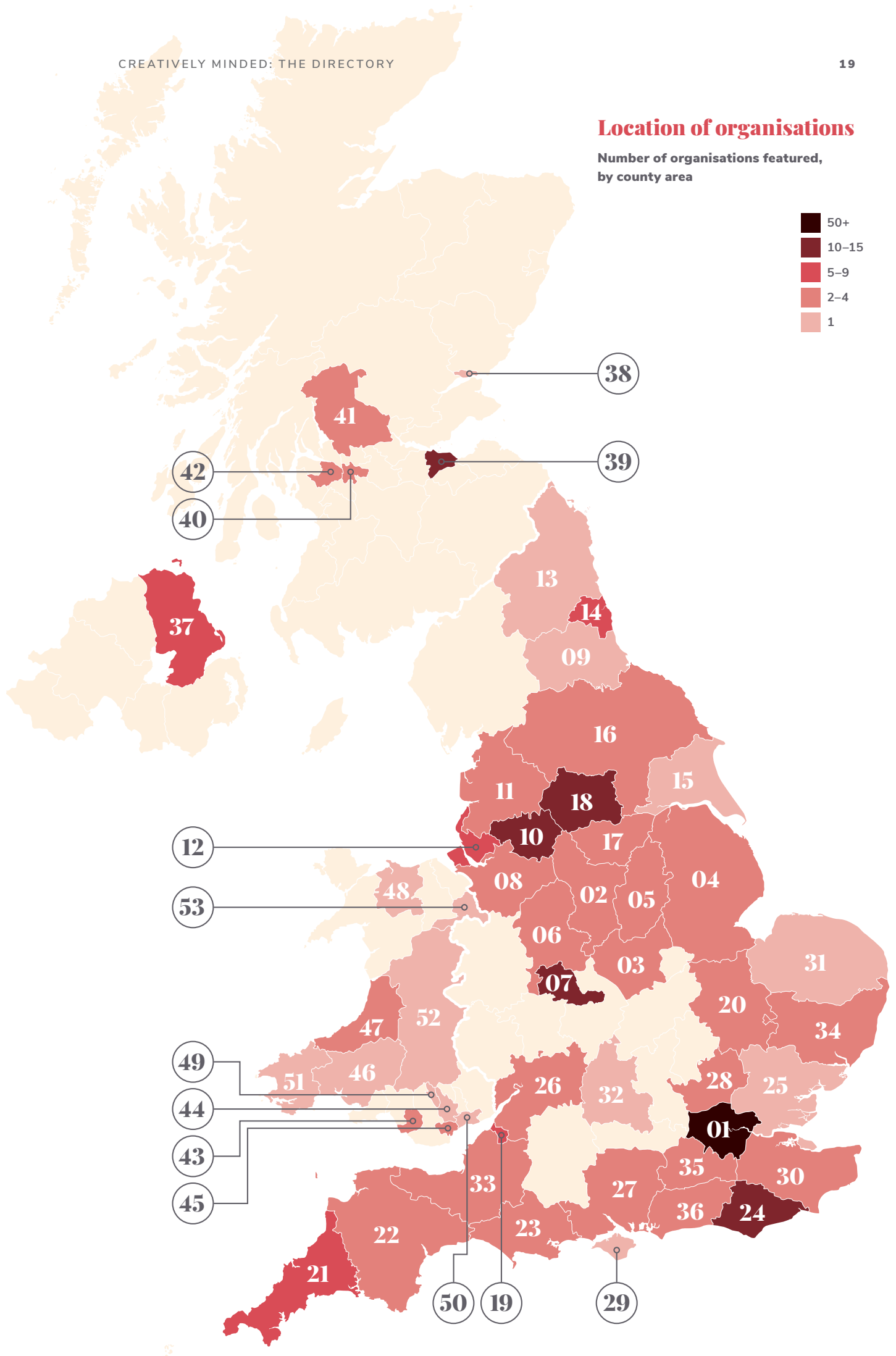
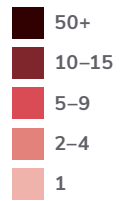
City Arts, Nottingham  
Nottingham Playhouse  
Nottingham University Institute  
for Mental Health

### 06 Staffordshire

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

## Location of organisations

Number of organisations featured,  
by county area



## 07 West Midlands

Arty Folks, Coventry  
 Birmingham Rep  
 Birmingham Wellbeing Community Choir  
 Geese Theatre, Birmingham  
 The Hearth Centre, Birmingham  
 LouDeemY Productions, Birmingham  
 The Mac (Midlands Arts Centre), Birmingham  
 Quench Arts, West Midlands  
 The Red Earth Collective, Birmingham  
 SAMPAD, Birmingham  
 Underground Lights Community  
 Theatre, Coventry  
 Women & Theatre, Birmingham

## North East & West

### 08 Cheshire

Fallen Angels Dance Theatre, Chester  
 Radiate Arts

### 09 Durham

RT Projects

### 10 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

### 11 Lancashire

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

## 12 Merseyside

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

## 13 Northumberland

Museums Northumberland

## 14 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

### 15 East Riding of Yorkshire

Artlink Hull

### 16 North Yorkshire

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

### 17 South Yorkshire

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

### 18 West Yorkshire

Artlink West Yorkshire  
 Arts and Minds Network, Leeds  
 Cloth Cat Studios  
 Creative Minds, Wakefield  
 The Hive, Shipley, Bradford  
 Hoot Creative Arts, Kirklees  
 Leeds Mind  
 Mental Health Museum, Wakefield  
 Space2, Leeds  
 Support to Recovery (S2R), Huddersfield  
 Yorkshire Sculpture Park

**South East & West and East Anglia****19 Bristol**

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

**20 Cambridgeshire**

Click Therapy, Wisbech  
 Arts and Minds, Cambridge

**21 Cornwall**

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

**22 Devon**

Double Elephant Print Workshop, Exeter  
 Flying Fish Artists, Barnstaple  
 Magic Carpet Arts, Exeter  
 Significant Seams, Knowle

**23 Dorset**

Artisan Studio CIC, Bournemouth/Poole  
 ZooFish Arts CIC

**24 East Sussex**

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

**25 Essex**

Open Arts, Hadleigh

**26 Gloucestershire**

Artlift, Gloucester  
 Art Shape, Gloucester

**27 Hampshire**

Fluid Motion Theatre, Basingstoke  
 Hampshire Cultural Trust  
 Theatre for Life CIC, Portsmouth  
 Tonic for Mental Health, Portsmouth

**28 Hertfordshire**

May Contain Nuts, Watford  
 Recover Team, Welwyn Garden City

**29 Isle of Wight**

Independent Arts, Newport

**30 Kent**

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

**31 Norfolk**

Restoration Trust

**32 Oxfordshire**

Ashmolean Museum, Oxford

**33 Somerset**

Bath Museums' Partnership / Fresh Art @  
 Creativity Works, Radstock  
 Mean Feet Dance, Glastonbury  
 Take Art

**34 Suffolk**

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

**35 Surrey**

Creative Response, Farnham  
 Oakleaf Enterprises, Guildford  
 Richmond Fellowship/Art Matters, Redhill

**36 West Sussex**

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

## NORTHERN IRELAND

### 37 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 the Atypical, Belfast

## SCOTLAND

### 38 Dundee

Art Angel

### 39 Edinburgh & West Lothian

The Alma Project  
 Art in Healthcare  
 Artlink Edinburgh  
 The Brock  
 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

### 40 Glasgow

Common Wheel  
 Nemo Arts/Theatre Nemo  
 Plantation Productions  
 Project Ability

### 41 Stirling

Artlink Central  
 Reachout with Arts in Mind, Alloa

### 42 Renfrewshire

Create Paisley  
 The Buddy Beat, Johnstone  
 Paisley Opera

## WALES

### 43 Bridgend

Breathe Creative  
 Valley and Vale Community Arts

### 44 Caerphilly

Inside Out Cymru, Gwent

### 45 Cardiff

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

### 46 Carmarthenshire

Arts Care/Gofal Celf, Carmarthen

### 47 Ceredigion

Arts4Wellbeing  
 Small World Theatre

### 48 Conwy

Venue Cymru, Llandudno

### 49 Merthyr Tydfil

Community Music Wales

### 50 Newport

GARTH – Gwent Arts in Health

### 51 Pembrokeshire

The VC Gallery

### 52 Powys

PEAK – Art in the Black Mountains

### 53 Wrexham

New Dance North East Wales

## UK-WIDE, TOURING OR DIGITAL

64 Million Artists  
 Avant Cymru, South Wales  
 Big Blue Drum  
 Empathy Museum  
 Good Vibrations  
 Hospital Rooms  
 Koestler Arts  
 Live Music Now  
 Mind, various  
 Music in Detention  
 Noise Solution (East of England)  
 Paintings in Hospitals  
 Perspective Project  
 Portraits of Recovery  
 Place2Be  
 Real Talk Theatre  
 Streetwise Opera



Photo courtesy of START Inspiring Minds, Salford.





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# Themes

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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  
 Arcola Theatre  
 Bespoke Theatre Company  
 Big House Theatre Company  
 Birmingham Rep  
 Cardboard Citizens  
 Cascade Theatre Company  
 Chichester Festival Theatre  
 Fluid Motion Theatre  
 Geese Theatre  
 Kids in Control  
 LouDeemY Productions  
 Many Minds  
 May Contain Nuts  
 Outside Edge  
 Out of Character  
 Playing ON  
 Project Dare  
 Real Talk Theatre  
 Small Performance Adventures  
 Small World Theatre  
 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  
 Common Wheel  
 Community Music Wales  
 Cymaz Music  
 Good Vibrations  
 Key Changes

Live Music Now  
 More Music  
 Music in Detention  
 The New Note Orchestra  
 Paisley Opera  
 Quench Arts  
 Raw Sounds  
 Royal Liverpool Philharmonic  
 Rhythmix  
 Soundcastle  
 Sound Minds  
 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

Arc (Arts for Recovery in the Community)  
 Arty Folks  
 Art and Soul  
 Artcore  
 Artisan Studio CIC  
 Artlift  
 Art Branches  
 Belfast Exposed  
 Bethlem Gallery  
 British Ceramics Biennial  
 Cathja  
 Chilli Studios  
 Click Therapy

Double Elephant Print Workshop  
 Hospital Rooms  
 Outside In  
 Painting 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  
 Arts Network (SELAN)  
 Artspace  
 Creative Recovery  
 Flying Fish Artists  
 Hive Bradford  
 MBC Arts Wellbeing CIC  
 North Tyneside Art Studio  
 Open Arts  
 Pool Arts  
 Project Ability  
 Richmond Fellowship  
 Studio Upstairs

### DANCE

Dance Base  
 East London Dance  
 Fallen Angels Dance Theatre  
 New Dance  
 Mean Feat Dance  
 Mind and Movement Dance Company  
 Movema

## STORYTELLING, CREATIVE WRITING, FILM

Apples and Snakes  
 Badkamra  
 Comics Youth  
 esc films  
 The Hearth Centre  
 Living Words  
 Real Talk  
 Spread the Word

### MUSEUMS

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

### FESTIVALS

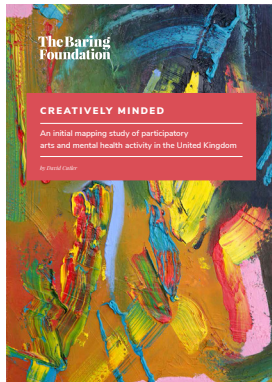
All in the Mind Festival (Fluid Motion Theatre)  
 Bedlam Festival (SAMPAD, The Mac)  
 Brixton Reel  
 Green Ribbon Festival (Mental Health Foundation in Wales)  
 Love Arts Festival, Leeds (Arts and Minds Network)  
 Madlove (Heart of Glass)  
 Northern Ireland Art and Mental Health Festival (Queen's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

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## Selected Baring Foundation resources

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All resources can be found on our website [www.baringfoundation.org.uk](http://www.baringfoundation.org.uk)



**Creatively minded**  
**David Cutler**  
2020



**Creatively minded  
and young**  
**Harriet Lowe**  
2020

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### 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](mailto:baring.foundation@ing.com)





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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