

supporting yourself, colleagues & participants during Covid 19

Dr Emily Bradfield
Director

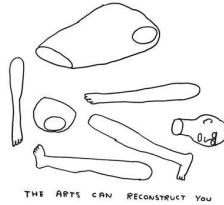
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arts
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minds

who we are...

- We use the arts to support positive mental health, develop social connections and inspire creativity
- Our programmes include:
 - Arts on Prescription
 - Michaelhouse Singers
 - Creative Cafe
 - Pottery 4 Dementia
 - Wellbeing Wednesdays



evolving programme model

- 12-week arts on prescription programme
- 8-week virtual arts on prescription (Jun-Aug)
- 6-week covid-secure arts on prescription (Sept-Oct)
- 4-week art 4 wellbeing programme (Nov-Dec)
- 6-week virtual arts on prescription (Feb-Mar)



reaching participants offline

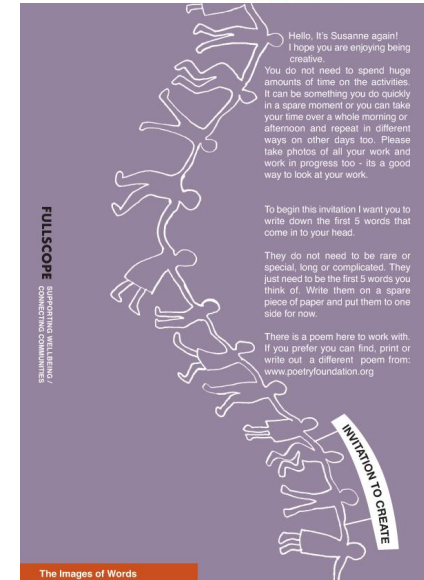
- Creative Care - Fullscope
 - Cambridge Curiosity & Imagination
 - Blue Smile
- working with local artists
- supporting different communities
- invitations to create / arts materials



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FULLSCOPE SUPPORTING WELLBEING /
CONNECTING COMMUNITIES



<https://artsandminds.org.uk/care.html>

#WellbeingWednesdays

- started during November 2020 lockdown
- reaching the wider community
- using materials from home
- coming together creatively

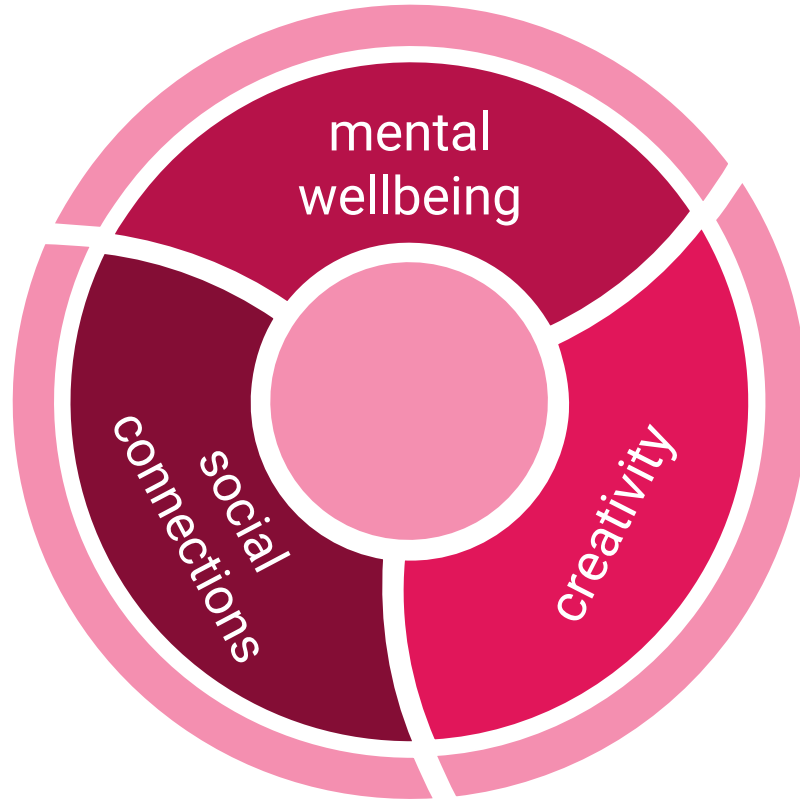


positive learning

- wider reach through 'virtual' programmes
- blended approach
- alternative formats & programmes
- continuous review & development
- developing a wellbeing plan



Time Together



Top Tips

slow down
think creatively
be flexible



contact details

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