Welcome to our new Creative Minds newsletter.

Here you will be able to find out more about Creative Minds projects that we have running in Kirklees and, there are more to come so watch this space!

Alex

Take a look inside at the projects running today in Kirklees

Keep up to date with all the latest news from Creative Minds on social media.

Facebook: www.facebook.com/Creat1ve.M1nds
Twitter: @Creat1ve_M1nds
Website: www.creativemindsuk.com

Creative Minds is a Registered Charity (No. 1055931-13)
Get Creative @ Huddersfield Mission

**Project**
4 projects:

- art group on Thursdays 2-4,
- cooking sessions on Fridays 2.30-4.30
- Creative writing 1-3.30 Wednesdays,
- Mission Records music project

**Who is this project for?**
Open to adults who use SWYPFT services, carers, staff

**When:**
Various weekly sessions

**Venue:**
Huddersfield Mission
3-13 Lord Street
Huddersfield
HD1 1QA

**To access this project please contact:**
Sam Moss
01484 421461
samuel.moss@huddersfieldmission.org.uk
Or pop along to Huddersfield Mission

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TAP into Community Arts @ TAP into Art Education

**Project**
weekly classes/sessions in fine art, textiles and digital photography for adults with lack of confidence, low self esteem, social isolation and/or physical or mental health problems.

**Who is this project for?**
Open to all SWYPFT service users, carers and staff

**When:**
Various sessions and times term time

**Venue:**
Batley Girls High School,
Room 7.9 (Community Room),
Windmill Lane,
Batley
WF17 OLD

**To access this project please contact:**
Amanda Howes
(07823339610) or email tapintoarteducation@gmail.com

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Natural Achievers @ The Froglife Trust

Natural Achievers delivers a 12 week programme of outdoor, conservation focused activities for men with mental health issues (the project does not exclude women if they wish to attend). The participants work at local nature reserves, community green spaces and allotments. Activities include managing habitats for wildlife, building ponds and dipping platforms, building & installing wildlife homes and carrying out species surveys.

**Who is this project for?**
Adults men who use SWYPFT services and/or their carers & SWYPFT staff

**When:**
Monday 10am – 4pm
Wednesday 10am – 4pm

**Venue:**
Various venues in Dewsbury and Huddersfield.

**To access this project please contact:**
Rebecca Houlding
Rebecca.Houlding@froglife.org
Tel: 07399553666
Songs Bridging the World – WomenCentre Kirklees

Project
This brings together sounds, songs, rhythms from around the world, as well as making our own ‘world songs’. This is way of celebrating being part of the world and is part of all our well being. There are showcase events for others to enjoy.

Who is this project for?
It is aimed at any woman 16-onwards who would like to join and see this as part of their well being.

To access this project please contact:
Emily Druce 01484 450866
Emily.druce@womencentre.org.uk

When:
(contact Womens Centre)
Venue:
WomenCentre, 15 Lord St, Huddersfield & Paddock Community Centre

Mens Shed Community Group @ Yorkshire Children Centre

Project
Mens Sheds is about skill sharing, informal learning, community spirit, achievement and social interaction. Activities include bike maintenance, woodwork and gardening. We also have a pool table, darts and games in our community space. Plus there is a cup of tea for all!

Who is this project for?
For any local Men of any age and circumstances; retired, in recovery, living with mental health, single dads or isolated.

To access this project please contact:
Gez Walsh
01484 519988
Gez.walsh@yccuk.org.uk

When:
Every Wednesday & Fridays
Venue:
Behind Brian Jackson House St Georges Square. Next Door to the Head Of Steam Pub, through the double black gates.

Build Up @ HOOT Creative Arts

Project
Build Up is looking for new participants. We have spent some weeks working with an artist, building a structure to display artwork on and working with a musician to create a soundtrack. Now we are looking for participants to create artwork for the first exhibition.

Who is this project for?
All men who want to contribute to an open project with their wood-working skills or who just want to join in something a bit different. Drop –in basis

To access this project please contact:
You can just turn up on Friday mornings, or contact Sally at Hoot Creative Arts for more info:
sally@hootmusic.co.uk
01484 516224

When:
Every Friday 10.30 – 12.30, until June 16th.
Venue:
The Mens Shed cabin, black door on the left of the Head of Steam Pub, next to Huddersfield train station, St Georges Square, Hudds.
**Sahaara Women's Wellbeing Support Group**

**Project**
The support group provides creative activities/approaches as a pathway for promoting and maintaining mental and emotional wellbeing; building self-confidence and an opportunity to engage with other people. To hopefully, lead on to further education, training courses, volunteering and or employment.

Adult women who use SWYPFT services and/or their carers

**To access this project please contact:**
Yasmin Arshad  
Priestley Unit, Dewsbury District Hospital  
Office: 01924 512276  
yasmin.arshad@swyt.nhs.uk

**When:** First Thursday of the month

**Venue:**  
AL-Hikmah Centre  
Track Road  
Batley  
WF17 7AA

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**Active for Life Cycling sessions**

**Project**
Active for Life (AfL) is a well-established exercise referral scheme run by Kirklees Council. It is designed to enable individuals experiencing mental ill health to develop skills, knowledge and confidence to access local exercise and sports opportunities. AfL promotes regular cycling activity sessions using traffic-free greenways at two sites in Kirklees. Creative Minds has supplied new funding to replenish the bikes for Spenborough site.

**Who is this project for?**
Adults with mental health issues, their carers and SWYPFT staff

**To access this project please contact:**
Contact Name: Eric Delmont  
Email: eric.delmont@kirklees.gov.uk  
Telephone 07528252211

**When:** Every Tuesday and Wednesday  
2-3.30pm

**Venue:**  
Tuesdays - Leeds Rd Playing Fields, Huddersfield  
Wednesdays—Spenborough Pool & Fitness Centre, Spenborough

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**Nature in Mind @ Oakwell Hall**

**Project**
Session exploring and embracing the enjoyment of nature and the outdoors with sessions including Mindfulness Outdoors, Bibliotherapy. Creative Writing, Percussion, Tai Chi, Nature inspired art.

**Who is this project for?**
Adults with mental health issues using SWYPFT services who also have physical health issues, or other long term or life limiting conditions.

**To access this project please contact:**
Contact Name: Danni Wild  
Email: danni.wild@swyt.nhs.uk  
01924 326 540

**When:** tba

**Venue:**  
Oakwell Hall  
Nutter Ln, Birstall  
WF17 9LG
Sprout @ Growing Works

**Project**
Social, fun, outdoor activities for the whole family. Be who you are, learn new skills & make friends.

Accessible and non-judgmental sessions which include bushcrafts, gardening, outdoor cooking, crafts and more. A chance for parent/carers to gain advice and support from others who understand.

Donation of £5-9 dependant on size of family but can be waived if causes a barrier.

No charge to come along and see what we do!

**Who is this project for?**
Families who have children with additional needs, including non-traditional families

**To access this project please contact:**
Rachel Burnett
07719 509703
info@growingworks.org.uk
www.growingworks.org.uk

**When:**
Saturdays 11-1pm

**Venue:**
Alternating between Hope Bank Works, Honley, HD9 6PF & Northorpe Hall, Mirfield, F14 0QL.

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The Great Outdoors @ S2R create Space

**Project**
The Great Outdoors Project is a part of Support to Recovery, a mental health and well-being charity in Kirklees, providing supportive steps in the outdoors.

Being in the outdoors is a great way for improving mental, physical, and social well-being as well as looking after the natural environment.

Our ‘Nature in You’ course allows you to discover freedom for yourself, time out, and ways to create, express and connect with the outdoors so the natural you can emerge.

**Who is this project for?**
Younger adults (eg 16-35)
Adults
Older people
People with mental health problems
People with long-term conditions

**To access this project please contact:**
www.s2r.org.uk .
ONLINE APPLICATION FORM/ DOWNLOAD APPLICATION FORM
contact@s2r.org.uk
01484 539531

**When:**
Various

**Venue:**
Various

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Xylosound Outreach @ Satellite arts

Xylosound are a group of adults with learning disabilities running accessible music making activity workshops improving health and well-being within the group and for others like themselves.

**Who is this project for?**
Adults with learning disabilities

**To access this project please contact:**
Andy Burton
01484 848072
andy@satellitearts.org.uk

**When:**
various times/dates throughout the year

**Venue:**
Slaithwaite Civic Hall
Get into 11 a-side Football @ Shelley Community FC

Project
Want to play 11 a-side football? Need a bit of coaching to improve your skills or, just fancy trying something different for a change?
Sessions are led by FA qualified coaches & cost £3.
First session FREE

Who is this project for?
Adults who use SWYPFT services and/or their carers & SWYPFT staff

To access this project please contact:
Mark Wisbey
@ Creative Minds
t: 07833 437 561
mark.wisbey@swyt.nhs.uk

When:
Sessions take place every Thursday 12:30-2:30 pm
Venue:
Shelley CFC
Storthes Hall
Storthes Hall Lane
Huddersfield
HD8 0WA

Get into Indoor Cricket Group /Good Mood Cricket League @ Creative Minds

Project
Activity for all levels of participants. Coaching sessions delivered by qualified coaches from Yorkshire cricket board. Indoor sessions in winter and we also offer outdoor sessions in the summer. Great sport to showcase teamwork which helps you interacted with local like minded people in a safe environment. Tournaments will also be on offer.

Who is this project for?
Adults who use SWYPFT services and/or their carers & SWYPFT staff

To access this project please contact:
Mark Wisbey
m: 07833 437 561
mark.wisbey@swyt.nhs.uk
www.creativemindsuk.com
Project coordinator
Habib Dadhiwala
Kirklees Insight team (EIP)
07979506756

When: every Monday – 1:30 – 2:30pm
Venue:
Al Hikmah centre
Track road
Batley

Simply Art @ Creative Minds

Project
Creative Minds Simply Art is an opportunity for people who accessing Trust services to showcase their creative talent, be it painting, sketching, photography, craft, creative writing and any other visual type of work you can think of!

Who is this project for?
Open to all SWYPFT service users, carers and staff

To access this project please contact:
Debs Taylor
07342 078 614
Debs.Taylor@swyt.nhs.uk

When:
Various dates and times across the Trust — please contact Debs direct
Venue:
Various venues across the Trust — please contact Debs direct
Creative Minds Radio with Phoenix FM

Project
Do you have an interest in radio or want to give exposure to music and recordings you have made? Then this project is for you. There are also opportunities to learn more about recording, editing, internet radio, and sharing ideas.

Who is this project for?
Adults who use SWYPFT services and/or their carers & SWYPFT Staff

To access this project please contact:
Alex Feather
t: 07827 232 698 / 01484 434 634
Alex.feather1@swyt.nhs.uk

When:
Various dates and times across the Trust—please contact Alex direct

Venue:
Various venues across the Trust—please contact Alex direct

LD Football Funday @ The Zone, Huddersfield

Project
Fun packed, accessible, mixed ability quarterly football/ball based activities for adults with learning disabilities from across Barnsley, Calderdale, Wakefield and Kirklees. Stall and info about further physical activities for people with learning disabilities.

Who is this project for?
Adults who use SWYPFT Learning Disability services & their carers + external organisations

To access this project please contact:
Alex Feather
t: 07827 232 698 / 01484 434 634
Alex.Feather1@swyt.nhs.uk

When:
4 x 3.5 hour events per year—Various dates —please contact Alex direct

Venue:
The Zone
St Andrews’ Road
Huddersfield
HD1 6PT

Good Mood League @ The Zone, Huddersfield

Project
The Trust has its own football league for adults 18+ who use our services – it is a competitive team event called the Good Mood Football League.

Who is this project for?
Open to all SWYPFT service users 18+, carers and staff + external organisations

To access this project please contact:
Mark Wisbey
t: 07833 437 561
mark.wisbey@swyt.nhs.uk

When:
Quarterly

Venue:
The Zone
St Andrews’ Road
Huddersfield
HD1 6PT
Events coming up

Music Night @S2R
6.30-9.30 Friday 12th May
Live music, dry bar ,pasty and peas supper £5
01484 539531 or use www.s2r.org.uk

Men's Wellbeing Open day
Would you like to learn about the wide variety
of projects available for Men in Kirklees?
Thurs 13th April 2017 3pm – 7pm
Thrive at Connect, 21 Bond Street, Dewsbury, WF13 1AX
Contact Jamie on: 01484 519097
Jamie.krysinski@commlinks.co.uk

Game on
New group for adults with learning disabilities or autism.
Do you have a passion for games? Would you like to meet others who share
your interest? Then come along to our games group!

Every Tuesday 6.00—8.00pm
IQ Gaming, Byram Street, Huddersfield
Contact Michael: 07980 439 808
michael_scott1984@hotmail.co.uk

Other sources of activities

Better in Kirklees (BiK)
Is a social prescribing hub for activities, groups, services and projects in the community. BiK particularly
support people who have mental health issues, mobility problems, long term conditions, disabilities and/
or sensory impairments. “Better in Kirklees (BiK) supports you to be active and involved in the
community”, You can get information, support, encouragement and help to find something you will
enjoy, that will keep you active and involved” 01924 846808/809 www.kirklees.gov.uk/betterinkirklees.
Generally this is for health and social care referrals.

Factsheets
support/projects commissioned in Kirklees Council including. mental health, learning
disabilities, autism, carers breaks, Dementia, physical disabilities:
www.kirklees.gov.uk/beta/social-care/information-advice.aspx

If you would like to receive the Community Partnerships bulletin or their full
spreadsheet of funded groups and projects please email:
community.partnerships@kirklees.gov.uk.
What we are about

We introduced Creative Minds in 2011 in response to feedback from service users and carers about their desire for more creative approaches to understanding and supporting their health and wellbeing.

To date, Creative Minds, together with our partners*, has delivered in excess of 200 projects which, in turn have benefitted over 4,000 people who use South West Yorkshire Partnership NHS Foundation Trust (SWYPFT) services and/or their carers.

Creative Minds is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of purpose, developing social skills, helping community integration and improving quality of life.

Our Partners

*We have more than 100 Creative Minds partners across SWYPFT with more coming on board all the time—so a huge thanks partners on Kirklees projects:

- S2R create Space
- Womens centre
- Xylosound/Satellite Arts
- Active for Life
- Huddersfield Mission
- Holme Valley Sharing Memories network
- Tap into art Education
- Voluntary Action Kirklees
- Growing works
- Hoot Creative Arts
- Yorkshire Childrens Centre
- Kirklees Active Leisure
- Kirklees council
- Shelley Community FC
- Disability Sport Yorkshire
- Ravensthorpe Community Centre
- Lawrence Batley Theatre
- Phoenix FM
- Batley Cricket Club

- Huddersfield Community Trust
- Manasamitra
- Froglife Trust
- Yorkshire Childrens Centre
- Yorkshire Rose Talking therapies
- Experience Community
- Cloverleaf Advocacy
- Annapurna Dance
- Safe Anchor Trust
- Graces Place
- 611/Oasis Centre
- Community Links
- Connect Housing
- Creative Arts Hub CIC
- IMWS
- Specialist Autism Services
- Yorkshire Sport Foundation
- Proper Job Theater C°.
- The University of Huddersfield
Interested in wanting to become a Creative Minds Partner or simply to find out more about us?

Are you a service user, carer, community group, or member of staff with an idea for a project?

Please do get in touch with Alex
Alex.Feather1@swyt.nhs.uk
07827 232698

Disclaimer
Whilst Creative Minds and SWYPFT Trust 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.

Creative Minds has Kirklees Collective who help us make funding decisions and promote Creative Minds.

If you are a service user, a member of staff, a member of the Trust, a carer with an interest in creative approaches in health and would like to join the collective please get in touch with Alex. We meet a few times a year and converse mainly via email.

Alex Feather
Development Co-ordinator (Kirklees)
Specialisms: music, bibliotherapy, hidden impairments, dementia, equality & inclusion
t: 01484343150 / 07827 232698
e: Alex.Feather1@swyt.nhs.uk

Debs Taylor
Peer Project Development Worker—Calderdale & Kirklees
t: 07342 078 614
e: debs.taylor@swyt.nhs.uk

Don’t forget you can follow us here too
Facebook: www.facebook.com/Creat1ve.M1nds
Twitter: @Creat1ve_M1nds
Website: www.creativemindsuk.com

We still do snail mail as well! @ Creative Minds—Alex Feather, The mezzanine, Small Mill, Folly Hall Mills, St Thomas road. Huddersfield HD1 3LT

Interested in wanting to become a Creative Minds Partner or simply to find out more about us?

Are you a third sector organisation or community group who shares our values?

Get in touch..
creativeminds@swyt.nhs.uk or call 01924 327 567

Are you a service user, carer, community group, or member of staff with an idea for a project?

Please do get in touch with Alex
Alex.Feather1@swyt.nhs.uk
07827 232698

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