



Arts on Prescription: arts for positive mental health

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Who are Arts & Minds?

- Cambridge-based charity
- use the arts to promote positive mental health
- portfolio of Arts on Prescription activities
- preventative / rehabilitative

Vision & mission

Our **vision** is to live in a creative society where people have the confidence & self esteem to lead fulfilling lives.

Our **mission** is simple:
to use the arts to support the positive mental health of individuals & communities.



Where we work



Arts on Prescription

- Arts workshops (*heritage for health*)
- Pottery classes for young people with dementia
- Michaelhouse singers





Fullscope

Supporting the positive mental health & wellbeing of children & young people (0-25) in Cambridgeshire & Peterborough

- Arts and Minds
- Blue Smile
- Cambridge Curiosity & Imagination
- Centre 33
- CPSL Mind
- The Kite Trust
- YMCA Trinity Group



APPG: Creative Health (2017)



Arts and Minds



Arts and Minds is a mental health charity covering rural Cambridgeshire and Peterborough, where one in six people is estimated to have a diagnosable mental health problem at any given time.

Fund among other sources. Led by a professional artist and qualified mental health counsellor, sessions offer the chance to work with a wide range of materials and techniques. Workshops last for two hours, are open to all abilities and offer the opportunity to undertake a creative, stimulating and absorbing activity.

In 2014–15, a mixed-methods evaluation of Arts and Minds sought to determine whether participants experienced changes in levels of anxiety, depression, social inclusion and wellbeing, using valid and reliable psychological measures. Seventy-one percent of participants reported a decrease in anxiety, and 73 percent reported a decrease in depression. Sixty-nine percent of participants reported an increase in social inclusion, while 76 percent of participants reported an increase in wellbeing. Participants rated their experience very favourably; 77 percent reported a development in their art skills; 64 percent reported an increase in confidence; 71 percent reported an increase in motivation and 69 percent reported feeling more positive about themselves after taking part.⁶⁶⁰

The art-on-prescription programme run by Arts and Minds comprises a series of weekly art workshops for people experiencing mild to moderate anxiety and depression. Access is by self-referral or via health or social care workers, and funding comes from the Heritage Lottery

- 71% decrease in anxiety
- 76% increase in wellbeing
- 77% development in art skills
- 64% increase in confidence
- 71% increase in motivation





“I honestly wouldn’t be where I am today without Arts on Prescription.

I’ve made friends, none of whom I ever would have met without these sessions.”



Funding sources

- Local authorities
- Individual donors
- Trusts & foundations
- Fundraising campaigns
- Community fundraisers





“Everyone there had their own experience of mental illness, so it gives them an understanding which others do not have.

My confidence within the group improved & my anxiety lessened a lot.”

ANXIETY

UNINSTALLING ...

The graphic consists of a thick, rounded horizontal bar. The left portion of the bar is white, and the right portion is black, representing a slider or progress indicator.

Arts on Prescription: referrals

- GPs
- Mental health professionals
- Family members
- Self-referrals
- Link workers...



Social Prescribing...

Social prescribing – addressing people’s needs in a holistic way

GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector





arts
and
minds

Thank you for your time...

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