



## All Party Parliamentary Group on Arts, Health and Wellbeing

### Young People, Mental Health and the Arts Monday May 23<sup>rd</sup>

#### Jubilee Room, Houses of Parliament

4.00-5.30pm	Round table discussion
5.30- 6.00 pm	Refreshments and networking
6.00 – 6.45pm	The Alchemy Project Film

The Young People, Mental Health and the Arts round table is hosted by the All Party Parliamentary Group on Arts, Health and Wellbeing. It is one in a series of round tables in which practitioners, academics, policy makers, those with lived experience and managers of services are invited to share their knowledge and experience with parliamentarians. The aim is to inform policy recommendations for the APPG's Inquiry into Arts, Health and Wellbeing. We are not prescriptive about the age range covered by 'Young People'. The Inquiry is investigating arts, health and wellbeing across the life course and the discussions in this event will include reference to children, young people and young adults.

The round table will be chaired by **Baroness Meacher**

The event will start with an introduction and film showing by **Sam (Samantics)**, Lyricist, Looper, and mental health advocate.

#### There will then be a round table discussion on the questions:

- What is the distinctive contribution the arts and creative media make to the mental health of young people?
- How can arts and creative media interventions ensure the voices of young people are heard, in order to influence service re-design and health and social care policy?
- What policy issues should the Inquiry into Arts, Health and Wellbeing consider in relation to Young People, Mental Health and the Arts?

**Susan Blishen**, Advisor, Big Lottery

**Mark Brown**, Writer and social media activist

**Carly Annable Coop**, Project Director, The Alchemy Project and **Dr Lauren Gavaghan**, Senior Registrar in Psychiatry, South London & Maudsley NHS Foundation Trust

**Catarina Dias**, Founder, Silent Secret

**Beth Elliott**, Director, Bethlem Gallery and **John Sayers**, former patient of South London and Maudsley NHS Foundation Trust and a Bethlem Gallery artist.

**Catherine Hearn**, Director, Helix Arts and **Will Lang**, Artist, Helix Arts

**Dr Pooky Knightsmith**, Director, Children and Young People and Schools Programme, Charlie Waller Memorial Trust

**Dr Amelia Oldfield**, Professor of Music Therapy, Anglia Ruskin University and Senior Music Therapist, Cambridge and Peterborough NHS Foundation Trust.

**Jessica Plant**, Project Manager, National Alliance for Arts in Criminal Justice

**Stephen Sandford**, Strategic Lead & Professional Head of Arts Therapies, East London NHS Foundation Trust; Arts Therapies Rep. Allied Health Professions Advisory Board Health Education England

**Naomi Shoba**, Head of Youth Arts, Ovalhouse

After the round table discussion there will be an opportunity for questions from the audience, followed by some refreshments.

At 6pm you would be welcome to stay to see The Alchemy Project film (40 minutes). Due to confidentiality and permissions issues we will need to have the names of anyone who wishes to see the film, in advance. Please could you RSVP to: [appgahw@gmail.com](mailto:appgahw@gmail.com).

**The event will end at 7pm**

## **Biographies of Participants:**

**Carly Annable Coop** is Project Director of The Alchemy Project and a Dance Artist with over 20 years experience of leading participatory dance projects. Organisations she has worked with include Dance 4, Sadler's Wells and Dance United. Whilst with Dance United she played a pivotal role in developing a unique dance methodology for engaging young people at risk; she then went on to refine this methodology for a pilot intervention for Young Adults accessing Early Intervention in Psychosis Services. In 2015 Carly was closely involved in establishing The Alchemy Project to carry on this pioneering dance work in the mental health sector.

**Susan Blishen** is an adviser on youth mental health to Paul Hamlyn Foundation. She has also advised the Big Lottery Fund's £75m HeadStart children and young people's wellbeing programme and a range of youth, mental health and arts charities, including Silent Secret, UK Youth, and The Reader Organisation (TRO). She was the principal architect of Right Here, an experimental youth mental health programme, which she managed from 2008 to 2014. Now, as an adviser to Paul Hamlyn Foundation, Susan focuses on sharing the learning from Right Here, and produces regular intelligence and policy briefings for the organisation to inform its future strategy.

**Mark Brown** is development director of Social Spider CIC, ex-editor of One in Four magazine, one of Nursing Times/Health Service Journal Social Media Pioneers 2014, mental health writer, doer. Current digital projects: Leeds Mental Health and Wellbeing Innovation Lab, COOP CAMHS platform, A Day in the Life <https://dayinthelifemh.org.uk/>. Mark Brown is @markoneinfour on twitter.

**Catarina Dias** is one of the co-founders of Silent Secret Ltd; promoting a safe sharing environment and encouraging positive interactions online. Catarina is young and passionate about being a voice for her generation, and is in her first year of studying Psychology and Criminology at Coventry University. Experience with working alongside ChildLine, NHS, Victim Support, You&Co, and local ward crime panels in improving and developing services provided for young people.

**Beth Elliott** is Director of the Bethlem Gallery and Acting Chair of London Arts in Health Forum. The gallery strives to develop the careers, experience and expertise of artists and patients who have used services of South London and Maudsley NHS Foundation Trust by creating opportunities for professional development. It promotes access and participation within arts and health settings and campaigns for greater awareness and understanding of mental health.

**Dr Lauren Gavaghan** is a Senior Registrar in Psychiatry in the Eating Disorders Team within South London & Maudsley NHS Foundation Trust. She is part of 'Re-Create Psychiatry' - a collaboration between service users and healthcare professionals, as part of the Dragon Cafe's Mental Fight Club. She is passionate about dance and movement and acts as a keen advocate for The Alchemy Project, a dance intervention pioneered and piloted with young people in Early Intervention in psychosis teams. She is currently an active campaigner against proposed Government changes to Junior Doctor contracts and has spearheaded the #WearYourNHS campaign.

**Catherine Hearn** is CEO Helix Arts. She joined in 2015 after graduating from Warwick University with an MA in Creative and Media Enterprise. Catherine was a TV producer/director and worked in BBC network and regional programming. She was Editor, BBC London TV News 2003 – 2007. Catherine became BBC Head of News in Yorkshire and Lincolnshire and then the Midlands until 2013. Catherine taught for 10 years in Norfolk, Northumberland and Gateshead. She was one of the first Advisory Teachers for Media Education, funded by the BFI producing films, radio and newspapers with schools and community groups across North East England.

**Dr Pooky Knightsmith** directs the children, young people and schools programme at the Charlie Waller Memorial Trust, a charity that provides fully-funded mental health training to schools. Pooky is a passionate ambassador for mental health who loves to research, write, speak, teach and share all manner of ideas about mental health, wellbeing and PSHE. Her enthusiasm is backed up both by a PhD in child and adolescent mental health, and her own lived experience of anorexia, self-harm, anxiety and

depression. Pooky's recent publications include Department for Education funded "[\*Guidance on preparing to teach about mental health and emotional wellbeing\*](#)". Pooky is [@PookyH](#) on twitter.

**Will Lang** is a musician, composer, producer and educator. Working in several fields, he is currently touring the world with Spark! drummers; he is a musical associate of National Youth Choir of Great Britain and has been featured on BBC radio 2,3 and 6 music. Music and arts education is integral to Will's practice, working for several years with Live Music Now! and as lead musician for CLIC Sargent's music programme. Will has also produced albums in several British prisons and secure childrens' units. Most recently, Will has started working with Helix Arts' Youth Music funded project, Off the Beat.

**Dr Amelia Oldfield** has worked as a music therapist in the NHS with children and families for over 36 years. She currently works as a music therapist in Cambridge and lectures at Anglia Ruskin University where she co-created the MA Music Therapy Training in 1994. She has completed four music therapy research investigations herself and provided research consultancy on several other research projects. She has published seven books, (some of which have been translated into French, Japanese, Korean, Greek, and Russian), and many articles. She has presented papers and run workshops at Conferences and Universities all over the world.

**Jessica Plant** currently manages the National Alliance for Arts in Criminal Justice, which is hosted by the umbrella organisation Clinks. This involves raising the profile of arts in criminal justice settings and supporting and engaging a membership of over 800 artists, arts organisations and academics working in the sector. Jessica has contributed to numerous publications exploring arts in criminal justice settings. Jessica also sits on the Arts Forum, which is administered by the Ministry of Justice as well as the Prisoner Learning Alliance, which is hosted by the Prisoner Education Trust. Jessica is a current Trustee of the charity Streetwise Opera.

**Sam, or Samantics**, is a musician with a history of mental health issues. He has found that openly talking about depression and anxiety have been a key factor in his road to recovery. He likes to use music as a means to reach others who maybe suffer in silence. Performing is also very important to him as it is incredibly cathartic and often a form of release. There is a huge connection between creativity, expression and combatting mental health and Samantics aims to use them all to try and win his own battle, and maybe even help other people with their own.

**Stephen Sandford** is a music therapist who has worked in the NHS for 20 years. He leads a team of over fifty arts therapists in ELFT. Arts therapies are offered across a wide range of client groups including early years and child and adolescent mental health. Previously he worked for 12 years as a Consultant Music Therapy in a specialist Child and Adolescent Mental Health Service in South West London. He was also Clinical Lead Music Therapist at Chelsea and Westminster Hospital NHS Foundation Trust. He is committed to extending the reach and range of arts in health work through collaboration and partnership working with arts therapists.

**John Sayers** is a former patient of South London and Maudsley NHS Foundation Trust and a Bethlem Gallery artist.

**Naomi Shoba** is the Head of Youth arts at Ovalhouse, a home to experimental contemporary artists seeking to make theatre and performance that speaks to a world beyond the mainstream. Ovalhouse participation department specialises in ethical youth arts leadership and providing high quality arts opportunities to young Londoners aged 11-25. Naomi works developing and promoting theatre arts, youth leadership and emerging artists in London. She trained at the Royal Conservatoire of Scotland and has worked across the Scotland combining arts education practice and contemporary performance. Before moving to London Naomi worked in the Scottish Highlands for Eden Court theatre.

**An invited audience will include representatives from King's College London, with whom we are collaborating on the APPG Arts, Health and Wellbeing Inquiry, and our other partner organisations: Nicola Crane, Head of Arts Strategy, Guy's and St Thomas's Charity and, on behalf the Royal Society for Public Health Special Interest Group in Arts, Health and Wellbeing, Professor Paul Camic, Canterbury Christ Church University.**