

Brighton Creativity & Wellbeing Week

'Get Creative - Get Outdoors'

May 16th - 22nd 2022

Programme of Events



Welcome

***Feeling Creative? Want to feel better, more alive, more connected?
You're in the right place!***

The Brighton Creativity & Wellbeing week has been curated in support of the national Creativity & Wellbeing week, organised by London Arts in Health & Culture, Health & Wellbeing Alliance. The event, in its 11th year, allows 1000s of people across the UK to engage in cultural & creative activities to support their own wellbeing.

Brighton is a richly creative place with many amazing freelance workshop practitioners, arts organisations & medical centres who all create a web of opportunities for local people to try out arty stuff, even if you don't think you're creative.

Vikki Parker wanted to showcase the transformational work being done in this city and decided to curate her own programme to bring awareness to what's on offer for the community to access. Whoever you are, whatever your health needs or situation, there is something for you. Take a look at the events offered across the week & the further pages that highlight some of the other opportunities that are available all year round.

This year's theme is 'Get Creative - Get Outdoors'. After 2 years of restrictions you may be ready to meet up in person or still prefer to meet online. This programme offers a range of events for both, some paid, some subsidised, some free.

Enjoy browsing through and feel free to book on any class you like via the [blue booking links](#). Some classes may book up quickly due to capacity. All workshop hosts are responsible for their own events.



Meet your curator

Vikki Parker is a local intuitive artist, energy healer & mental health advocate. She is the founder of Doodle Cafe, a mindful doodling process for practising presence, connecting with intuition & embracing your creative flow. As the South East champion for the Lived Experience Network (LENS) she works to bring the voice of people with lived experience who understand the power of creative process in supporting mental & physical health, to the conversations where policy & strategy is being decided at local & national level. She is the host of the podcast 'Art Yourself Alive' which is launching during this wellbeing week. Vikki's lived experience journey with the Arts has defined her life and she would not be here without the opportunity to express her inner world in safe, creative ways. As a CPTSD survivor she is a compassionate advocate for healing mental health & trauma. Her artwork has focused on the integration of the dissociated self and reclaiming of the lost parts of her memories through her intuitive energy drawings called SourceDoodles. This is the 4th year that she has curated a Brighton programme for creativity & wellbeing.

For more information about her work go to:-

<https://www.vikkiparker.com>

<https://www.instagram.com/sourcedoodles>

<https://www.linkedin.com/in/vikkiparker/>

artywisdom@vikkiparker.com

Sign up to her email list <https://mailchi.mp/a9bd77df04d0/artywisdomnews>





Slow Stitching

6.00-7.30pm

Monday 16th May

Slow stitching helps you to pause from your everyday and is great for self-care. It is a wonderful mindful activity that relaxes your mind. The workshop is not a sewing lesson but instead an opportunity to be present and go with the flow. It is similar to doodle drawing but with a needle and thread. No experience required and everything provided.

Canvas Coffee Company, Phoenix Art Space, 10-14 Waterloo Place, Brighton, BN2 9NB

Not wheelchair accessible

Workshop Host - Saj Fareed @ Pull & Pin

Saj Fareed is a British Asian slow artist and educator. She developed her career working on a wide range of art education projects for museums, galleries, schools and other establishments for over 25 years. Saj has a keen interest in promoting the arts and crafts to a wider audience and as a tool for creative expression and learning. The aim is to also empower and inspire individuals in their own creative process. Through her practice, Saj takes inspiration from her desire to live a slower pace in her life and the importance of creative self-care for our wellbeing.

sajfareed@hotmail.com

<https://pull-and-pin.myshopify.com>

<https://www.instagram.com/pullandpin/>

Ticket £15 + booking fee - Adults only - Capacity 14

<https://www.eventbrite.com/e/slow-stitching-workshops-at-phoenix-art-space-brighton-tickets-314644860247>



Carousel Chorus -Sanctuary in the City Audio Walks Anytime / All Week

Join the Carousel Chorus as they lead you back to nature. Through a series of location specific audio tours, they immerse listeners, supporting them to explore, interact with and feel present in the natural environment. The tours will include poetry, musings, rambling conversations and song, all created and produced by Carousel Chorus and designed for different parks and rural spaces in and around Brighton and Hove. 30-45-minute experience.

Experience Host - Carousel

Carousel champions the rights of artists with a learning disability to flourish and be celebrated. In film, music, performance and digital arts, in our partnerships and training, Carousel is dedicated to making learning disabled creativity a valued part of the cultural landscape.

enquiries@carousel.org.uk

<https://carousel.org.uk/whats-on/carousel-chorus-audio-tour>

<https://www.instagram.com/carouselartuk/>

Ticket Free - Adults & children - Capacity unlimited, just download the app, go to your chosen park & listen

1. Download the Echoes app (for free):

Android: <https://play.google.com/store/apps/details?id=xyz.echoes.android>

Apple: <https://apps.apple.com/gb/app/echoes-xyz/id1021511722>

2. Search for 'Carousel Chorus Audio Tour'

3. Choose your location (Dyke Road Park, Stanmer Park or the Angel of Peace statue)

4. Put your headphones in, follow the map and enjoy your audio walk!





Tuesday 17th May

Journeying with Writing

10 - 12pm

Come along to a gentle and experimental series of writing workshops that explores the theme of 'journeying'. Recent events have slowed our external movement and guided many of us towards more internal journeys of development and discovery. As people begin to travel again, we're adventuring in different places – often closer to home – and with a new perspective.

For inspiration, we'll read extracts from contemporary authors and poets who create work that journeys both inward and outward, sometimes even entering new worlds or retracing the footsteps of others. At the end of our four weeks together, you'll have new ways to approach moving on from an empty page and some writing to develop further at home—prose, poetry, life-writing or whatever strikes you. Come and develop your creativity in a sensitive and generous environment, and together we'll experiment with different ways of approaching the creative journey.

Who is it for?

This course is for people with an interest in writing who are from global majority backgrounds—Black, Asian, Brown, indigenous to the global south, dual/mixed heritage, or otherwise racialized as belonging to an 'ethnic minority.'

This is a 4-week course beginning on May 17th, then May 24th & 7th, 14th June 2022

Community Base, 113 Queens Road, Brighton, BN1 1YD

Wheelchair accessible

Workshop Hosts – Josephine Hall & Kate Massey /Creative Future

About Josephine Hall

Josephine is a writer and artist, currently based in Brighton. She works primarily with words but enjoys experimenting with other artforms and collaborating with artists and musicians. Josephine writes poetry, life writing, articles, essays, songs and has recently started writing her first novel. Her creative work tends to explore themes such as belonging, journeying, healing, connecting with nature and the Black/mixed-race experience. She endeavours to make work that is honest, and accessible, and amplifies marginalised voices, particularly those from the global majority. Find out more and see some work at www.josephinehall.org.

About Katy Massey

Katy worked as a journalist for many years before completing a PhD in Creative Writing at Newcastle University. As an editor and project leader she has specialised in developing and publishing neglected voices, enabling over 50 new writers to publish their lived experience. Her memoir of growing up in Leeds in the 1908s, *Are we home yet?* (Jacaranda) will be published in the US in May 2022. After its UK release, it was praised by Bernardine Evaristo, short-listed for the Jhalak Prize, and longlisted for the Portico Prize. Her work has also been shortlisted by Penguin WriteNow, SI Leeds Literary Prize, Route's A Few Good Books, and CommonWord/Cultureword First Novel competition. In 2019 she contributed to Kit De Waal's Common People anthology of working-class life writing.

Ticket £8 - Adults only - Travel costs of up to £2/session are available to ensure access.

<https://www.creativefuture.org.uk/events/journeying-with-writing/>



**The Baring
Foundation**



Tuesday 17th May



Collage as a grounding platform of the creative process

7.15 - 9.15pm

The Art Works' session starts with intuitive choice of resonating pictures, colours, shapes. We will then break this personal collage into conscious pieces and allow an accident to shape this art piece. This very individual exercise connects and opens us to be taken further on the 'walk' through a variety of art processes.

1A, 27 Adelaide Crescent, BN3 2JH, Hove

Workshop Host – **Pauline An-Zorge @ Art Works**

Pauline is the founder of 'Art Works' dedicated to promoting multidimensional impact of creativity through the community channels. She is a Polish born artist living and working between Brighton and London. Master of Fine Arts with Distinction from Camberwell College of Art, exhibiting regularly since 2017 in UK & Europe. Her mix media practice locates itself within fine arts and includes collage, sculpture, video, performance, printmaking and installation. She examines intimate relations of the human with his universe, with particular interest in the structures of psychophysical conditioning and limits of growth for the 'being'.

emailusartworks@gmail.com
<https://artworksession.wordpress.com>
<https://www.facebook.com/Artworksessions>

Ticket £12 - Adults only - Capacity 20

<https://www.facebook.com/events/942978956378266>



Art Yourself Alive - Podcast Launch All Day

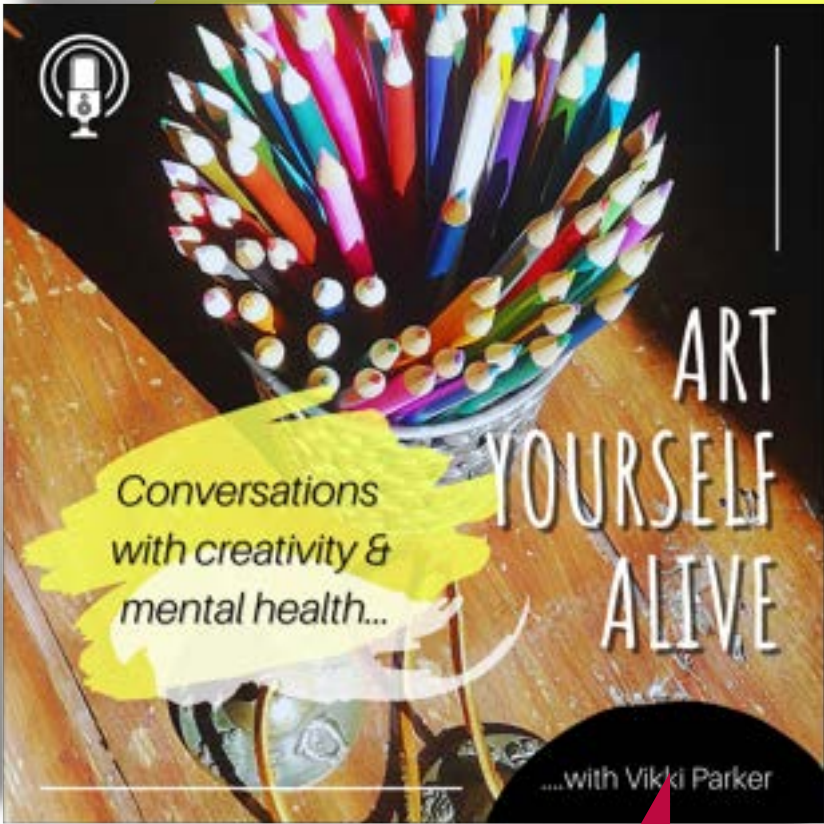
Listen to the first 3 episodes of this new podcast, hosted by **Vikki Parker**, as she launches her mission to share stories about the lived experience of creativity supporting wellbeing & mental health. Follow her personal story about how art literally saved her life and the stories of others for whom creativity allowed them to access even deeper levels of aliveness within themselves.

Online

Sign up to receive your Podcast Launch email on the morning of May 17th & receive a free audio download of her Inner Landscapes guided meditation - 'Inner Treasure', to begin your own journey within and claim your gift of inherent self-worth

Sign Up Here <https://mailchi.mp/a9bd77df04d0/artywisdomnews>





Podcast Launch May 17th 2022!!!

Art Yourself Alive podcast shares the lived experience stories of those who have embraced creativity, in any of its glorious forms, to support their own growth, healing and mental / physical health. We span the spectrum of stories that illustrate how the Arts can literally save your life or introduce you to even deeper depths of aliveness within yourself. The artywisdom from these conversations plants seeds in the listener to whisper the encouragement and permission they have been waiting for to begin their own creative journey and empower themselves to follow their curiosity, honour their own inner landscape and celebrate all the colours that they are.

Sign Up to be notified when it goes LIVE

<https://mailchi.mp/a9bd77df04d0/artwisdomnews>



Wednesday 18th May



Doodle Café: Drawn to Curiosity

11-12.30pm

Immerse yourself in the magic of the unknown and the blank page as you rediscover the joy of free doodling, your curious, playful self and your permission to use all the colours, in all the ways, just as you wish. This introductory workshop allows you to experience simple techniques to calm the breath, ground the body & tap into your innate creative flow, whilst discovering how setting intentions, practising presence & sharing the joy of crazy mark-marking, can support your wellbeing, your sense of self and your capacity to prepare yourself for the future. Creativity allows us to celebrate the present and rehearse the possible. Come and learn some fun tools to help you honour what you need, wherever you are, in any moment.

Online via Zoom

Workshop Host – Vikki Parker

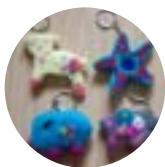
Vikki is an intuitive artist, arts in health practitioner, mental health advocate and podcast host celebrating the transformational healing power of the arts. She is the curator of the Brighton Creativity & Wellbeing week and the South East Champion for the Lived Experience Network (LENS) She regularly hosts online Doodle Cafe events & courses for wellbeing.

artywisdom@vikkiparker.com

<https://www.vikkiparker.com>

<https://www.eventbrite.com/e/doodle-cafe-drawn-to-curiosity-tickets-323391240907>

Ticket £5 - Adults only - Capacity 30



Needle Felting Workshop: Learn the art of needle felting mindfully

1.30 - 5pm

Come along to this fun, social, creative workshop where seated around the table, all participants will receive a foam sponge, a special barbed wire needle, and a woolly shape of their choice, and the possibility to choose from 80 colours of the best quality of Merino wool, 23 Microns to play with. When the felt piece is nicely needle felted, it can be decorated with other bits of wool, threads, or beads. Needle felting is a very mindful activity and highly creative resulting in your own bespoke piece to take home. Full safety & practical instructions given.

Café 62, 62 Queen's Road, BN1

First floor. Not wheelchair accessible

Workshop Host – Stephanie @ Hyppanie

Hyppanie was the name the children gave her in the Himalayas when she travelled in India, in 1997. In 2000 her passion for Colour Therapy led her to attend the City and Guild Felt-making course in London taught by Lizzie Houghton. She found that the wonderful quality of Wool and colours permitted her to create bespoke useful items and made her feel good about herself and what she could achieve. It gave her great confidence to enrol in a teaching course, to share her passion. She offer workshops tailored to your needs and aspirations.

stephanie@hyppanie.co.uk

www.hyppanie.co.uk

https://www.instagram.com/hyppanie_felt_tutor/

<https://www.facebook.com/HyppanieFeltMaster>

Ticket £21 - Adults & children - Capacity 25

<https://www.eventbrite.com/e/needle-felt-for-your-well-being-tickets-315205477067>

[aff=ebdssbdestsearch&keep_tld=1](https://www.eventbrite.com/e/needle-felt-for-your-well-being-tickets-315205477067?aff=ebdssbdestsearch&keep_tld=1)



Thursday 19th May



Rap Music: From Public Enemy to Public Health? 4.30 - 6.30pm

Around three-quarters of suicides in the UK are males, but 36% of referrals for treatment of depression and anxiety are men. In the 2021 Youth Index, 56% of 16–25-year-olds reported that they always or often feel anxious. Debate is raging in the media and political spheres about the influence that Rap music has on society, but can rapping save a life?

Room to Rant is a weekly workshop for young men that uses rap and lyric writing as a therapeutic release. The project is funded by Comic Relief and delivered by AudioActive in partnership with YMCA Downslink, the sessions are led by experienced, professional rap artists and supported by mental health professionals. In 2019 the University of Brighton secured funding from the Wellcome Trust to work with past Room to Rant participants to co-design an evaluation framework for the programme, conduct action research and an evaluation of the project

AudioActive are showcasing the findings of the report with an event at their Brighton creative hub, Bottega Rooms. The event will consist of a presentation of the findings of the report plus a panel talk and Q & A with the academics, young people and practitioners who have been involved.

Bottega Rooms. Level A Enterprise Point, Brighton. BN1 1UT

Talk Host - AudioActive

Social change & grassroots talent development by providing free access to projects, resources and support at different levels to enable Young People of all backgrounds to discover and nurture their talents. Helping to create a fairer, more inclusive music industry and world of work.

info@audioactive.org.uk
<https://audioactive.org.uk/>

Ticket - Free - Adults & children
<https://www.eventbrite.co.uk/e/rap-music-from-public-enemy-to-public-health-registration-321308360957>



Learn to draw a realistic eye 7 -8pm

The eyes are one of the most important features in a portrait drawing, it is the essential feature which tells us the most about an individual, eyes are the window to the soul after all! Step-by-step guidance on how to structure the eye and get familiar with how to construct a standard eye shape, as well as shading techniques to make it look realistic. Drawing supports wellbeing because it allows individuals to turn a blank piece of paper into whatever they want, it's a creative release and can help soothe negative emotional struggles.

Online

Workshop Host - Ayesha Simmons / Ayaesthetics Art

Ayesha Simmons is a 20-year-old Student and self-taught Artist. She studies Philosophy with Psychology at Sussex University and loves anything to do with creativity. Her main passions are art, music, and drama. She does custom art commissions and sells prints.

ayestheticsart@outlook.com
www.ayestheticsart.wordpress.com
<https://www.instagram.com/aye.sthetics/>
<https://www.tiktok.com/@aye.stheticsart>
<https://www.facebook.com/aye.sthetics>

Ticket - Free / Donation - Capacity 30
<https://www.eventbrite.co.uk/e/317642586527>





Friday 20th May

Gyrokinesis / Movement

9.30 - 10.30am

GYROKINESIS® METHOD is a somatic movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. You can attend this session without prior experience of this system. It is a group session so just come along with comfortable clothing and water. Includes standing, chair and floor exercises and ends with a calming, unwinding sequence designed to prepare the body and mind to reintegrate with the everyday world. In this session we will use music to help us to engage in the rhythm and provide an extra dimension to our experience. Join us!

Online via Zoom

Workshop Host- Rosaria Gracia

Dr. Rosaria M. Gracia has been dancing, teaching and choreographing static and parade performances since 1999. Her area of specialism is international dances, with in depth experience in working with groups of all ages, abilities and conditions. She is also a mass choreographer (holder of the World's Largest Samba Band (2014) at the Royal Albert Hall). Since 2006, she has been working in the area of Dance and Health, planning and delivering sessions as part of Social Prescription programmes, as well as presenting in national and international conferences and writing papers on this subject.

rosaria.gracia@googlemail.com

<https://rosaria-gracia.com/events/gyrokinesis>

<https://www.instagram.com/rosariagracia/>

<https://www.facebook.com/rosariagraciadance>

<https://www.linkedin.com/in/rosaria-m-gracia-phd-ma-pgce-fhea-3672226/>

<https://twitter.com/RosariaGracia>

Ticket £6/7/8 – Adults only - Capacity 100 (online)

<https://rosaria-gracia.com/product/gyrokinesis>



Nurture with Nature Creative Writing for Wellbeing Workshop

10.30 -12pm

Come experience a relaxed, easy, flowing creative writing for wellbeing workshop- inspired by the beauty and nature of St Ann's Well Gardens in Hove. No writing experience necessary. Please bring pens and notebook. Beverages and drinks can be purchased at the Cafe.

The Garden Cafe- at St Ann's Well Gardens, Hove BN3 1PF

Wheelchair accessible

Workshop Host – Ann O'Keife

Ann O'Keife loves to help others to live their lives to the fullest. Ann has over 30 years' experience in personal growth. She is a caring, down to earth and professional person-centred counsellor, hypnotherapist, PSYCH-K facilitator, Rune reader, Creative writing tutor and Laughter yoga teacher. Ann is a Wise woman in the Community. Media appearances include Spirit and Destiny magazine, the Sun, Brighton Argus, BBC Radio Sussex, BBC Radio 2 and Juice FM. She was voted one of the top happiest people in Brighton 2017

www.livinglifelifully.net

<https://www.facebook.com/ann.okeife/>

<https://www.facebook.com/livinglifelifullywithAnn/>

www.instagram.com/therealannokeife

Ticket £10 - Adults only - Capacity 6

Email to book annokeife11@gmail.com



Saturday 21st May



Make your own Orgonite for EMF protection 10 - 12pm

Come and learn to make your own Orgonite for EMF protection and learn about the properties and energy of the ingredients. The workshop will be a meditative, creative and experiential workshop to calm and uplift the mind. It will be run by the Orgonea Team: Nicki Edgell, Eshana Lekien and Asha Rani. They are very experienced energy practitioners who will guide and create a safe space for you to enjoy the workshop.

15 Millcroft Avenue, Southwick, BN42 4RU

Wheelchair Accessible

Workshop Hosts – Nicki Edgell, Eshana Lekien & Asha Rani @ Orgonea

We began in 2019 to provide a powerful solution to combat the electromagnetic smog of our modern-day world. As a team we bring a great deal of expertise and experience to co-create and make these beautiful practical and powerful orgonites. Designed to be used in the home, on tabletops, computers or to be worn or carried in bags/pockets and also for pets. Nicki, Eshana and Asha are energy healers with many years of experience creating beautiful orgonites with alchemy, love, mantra and intention.

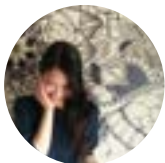
info@orgonea.com

www.orgonea.com

<https://www.facebook.com/Orgonea/>

Ticket £50 - Adults only - Capacity 8

<https://www.eventbrite.co.uk/e/make-your-own-orgonite-for-emf-protection-workshop-tickets-317469879957>



Mindful Art Workshop 1 - 4pm - Day 1

Come and join a taster session of our mindful art classes. You can try your hand at Origami, Marbling and Alcohol Ink art. Running on the 21st & 22nd of May, both days will be split evenly between all mediums. You can arrive any time, stay for one hour and you're welcome to try all three! Entry fee for adults and your children can come along for free!

The Old Town Hall, Town Quay, Shoreham-by-Sea BN43 5DD (Behind Chamber's bistro)

Not wheelchair accessible

Workshop Host – Chihiro Hasu

The purpose of my artistic journey is to help people create their happy place that can bring them back to the present moment when they get caught in unhelpful thoughts. I provide bespoke room and venue decoration services and also workshops for you to make your own beautiful art.

chihiro.artuk@gmail.com

www.chihirohasu.com

www.instagram.com/chihirohasu

<https://www.facebook.com/ChihiroHasu/>

Ticket £5 – Adults & children - Capacity 10

<https://www.chihirohasu.com/service-page/creativity-and-wellbeing-week-event>



Saturday 21st May



Wild Art Journaling 2.30 - 4.30pm

When was the last time you were wildly creative? Come and discover Wild Art Journaling - a creative practice that will reconnect you to the joy of liberated creativity. It involves journaling, collage and paint and works in a way that allows you to express yourself fully without judgement or the possibility of making a mistake. This is not art to put on walls or show, it is creativity for your own pleasure. This kind of creativity is deeply restorative and indeed necessary. Creative self-expression is a human need. Without it we can struggle to cope with all that life throws at us. Wild Art Journaling is fun, wildly creative and will make you feel better.

Lawrence Art Studio, 16 Kingsthorpe Road, Hove, BN3 5HR

Workshop Host – Moyra Scott

Moyra Scott is an artist, coach and workshop facilitator. She runs creative sessions online and in person that connect and rewind your creative spark. She also helps busy (but creative) people get back in control of their workloads so that they make the time to do what they really want to be doing. Clients include, Breathe HR, Trusted House Sitters, Reuters, UCL, and the UNV. She works as a lead coach with Then Somehow and her own clients in the creative industries. Her ideas and work have been featured by the BBC, The Guardian, Metro, & Grazia.

moyrascott@gmail.com

<https://www.instagram.com/moyrascott/>

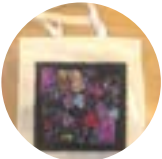
<https://www.facebook.com/moyrascottart>

<https://www.linkedin.com/in/moyra-scott-5abb14/>

<https://www.moyrascott.com/>

Ticket £45 – Adults & children - Capacity 25

<https://www.moyrascott.com/wildartjournalinginperson/wild-art-journaling>



The Art of Untidy Stitching - Stitch & Natter Workshop 2 - 4pm

Join us at Rose Hill Seniors housing for a mindful few hours of Boro – the Japanese art of mending and "untidy stitching". Create your own small bag to take away with you and enjoy the process of slow stitching in this lovely friendly community space. Sewing skills not necessary, we'll just have fun experimenting and creating. All the materials you'll need can be provided for you as part of your class. Alternatively bring your own material offcuts and scraps to recycle, you can choose to bring along your own clothing to work on if you'd like to or we have plenty for you to use.

Rose Hill Seniors Housing, Rose Hill Terrace, Brighton, East Sussex, BN1 4HS

Wheelchair accessible

Workshop Hosts – Rose Hill Rebels

Rose Hill Rebels are a group of residents based at Rose Hill Seniors housing in Brighton. The group meet weekly to offer support to each other, to combat isolation and loneliness and support wellbeing through creativity. We work with local artists to hold regular exhibitions and events inviting the local community into our communal space. Visit this year's **Artist's Open House** on weekends during May at <https://aoh.org.uk/house/may2022/rose-hill-rebels/> or book in for the workshop on the 21st May.

Workshop Ticket – Free – Adults only - Capacity 8

To book email rosehillrebels@gmail.com



Saturday 21st May



Society in Art, Architecture and Communal Space - Symposium

11 - 5pm

Taking as its starting point the work of Syrian architect Marwa al-Sabouni (co-director of Brighton Festival 2022) the third day of Structures of Community explores the role of built environments in shaping the people and cultures that use them.

How do public spaces and structures shape our sense of belonging and the narratives that define our social interactions? This symposium will consider how public art can make more diverse voices heard within the public realm and so shape our environment. Thinking about public art in relation to architectural, design and material environments, it will ask how these sources of culture can sustain and develop our communities through inclusive and engaged practices.

Brighton CCA, 58-67 Grand Parade, University of Brighton BN2 0JY

Wheelchair accessible

Structures of Community is a 3-day public art symposium and associated programme examining the role of social engaged art practice in public art. The programme is produced by Brighton CCA in partnership with Brighton & Hove City Council and in collaboration with University of Brighton and Towner Eastbourne.

www.brightoncca.art

Ticket £5

<https://brightoncca.art/event/society-in-art-architecture-and-communal-space/>



Phoenix Art Space – Open Studios

11 - 5pm - Day 1

For the first time in two years Phoenix Art Space will be throwing open its doors and inviting visitors to explore the workspaces of the artists and designers who work inside its building. Phoenix is currently home to 100+ professional artists at all stages of their careers, working across all types of media. Learn about the practices, processes and ideas of artists and gain insight into the surroundings that serve to support and inspire them. Everyone welcome. Come and be inspired by the inner worlds of these artists. You never know what may speak to you and suddenly resonate with your life.

PHOENIX ART SPACE, 10-14 Waterloo Place, Brighton, BN2 9NB

Ground floor is wheelchair accessible

info@phoenixbrighton.org

Ticket - Free. No booking needed.

<https://www.phoenixbrighton.org/Events/open-studios-2022/>

Image artwork by Chris Hawkes, Gin and Lemon Yellow



Sunday 22nd May



BE ROOTED - Embody Your Roots

10 - 6pm

Feeling disconnected from family roots can leave an individual feeling isolated, lost, lonely and struggle with a sense of place in the world. Through art therapy and sharing circles we will explore as a group what roots mean to us both consciously and unconsciously and how they might exist in alternative ways in our lives. Through family constellation we can develop understanding and compassion for our ancestors, deepening our family roots even without family members present. Through Tao movement and dance we somatically integrate our experience, release tension in the body and become more physically grounded and quieten our mind.

Come and be rooted through Tao Movement, Family Constellations & Ancestral Healing, Art Therapy, Ecstatic Dance and Sound Healing. With these practises our intentions are to bring you deeper within yourself, connecting with your body, earth and family lineage. Without this connection we may feel lost, lonely, low, disconnected and generally struggling in life.

THE STUDIO, 39 Whippingham Road, Brighton, BN2 3PF

Steps to venue, venue all on one level, toilets wheelchair accessible, no wheels/footwear in the studio space that makes a mark

Workshop Hosts – Annalisa Drew, Maria Tjader

Annalisa Drew has a pure love of creating transformation, expression and expansion through the body. Weaving her knowledge and experience from energetic, physical, therapeutic and creative trainings she creates layered dance landscapes to explore, reflect and process our inner worlds with a mix of global rhythms, beats and melodies. She is an Ecstatic Dance Facilitator, DJ, Tao Master, Art Therapist & Mother.
www.annalisadrew.co.uk

Maria Tjader is a mother, holistic therapist, empowerment coach, healer and workshop facilitator. She has 13 years' experience helping others privately and in groups, touching the lives of over a 1000 people and hosting 200+ classes, workshops and events. She is qualified in Swedish Full Body Massage, Angelic Reiki, Life Coaching, EFT (Emotional Freedom Technique) & Matrix Re-imprinting, Theta Healing, Sound Healing, Authentic Relating and Systemic Constellations/Ancestral Healing.
www.beyoutillfull.com

Ticket £66/88 - Adults only - Capacity 40

www.eventbrite.co.uk/e/be-rooted-embody-your-roots-tickets-292091352097



Mindful Art Workshop

1 - 4pm - Day 2

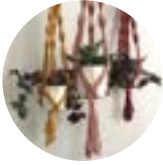
The Old Town Hall, Town Quay, Shoreham-by-Sea BN43 5DD (Behind Chamber's bistro)

Ticket £5 – Adults & children - Capacity 10 - See previous information on Saturday listing

<https://www.chihirohasu.com/service-page/creativity-and-wellbeing-week-event>



Sunday 22nd May



Chunky Cotton & Copper Macramé Plant Hanger Workshop

10.30 - 1pm

This workshop is designed for Beginners. Macramé is such a mindful craft & is very therapeutic. Make a fun & contemporary plant hanger using recycled cotton cord & copper trim, which will teach you 3 basic knots: twisted half, square and wrap knots. Using your colour choice of 9mm braided recycled cotton yarn & copper beads you will be shown how to create a unique & contemporary plant hanger. This is a great workshop & the results are very satisfying. You will learn different knotting techniques that you can then go on to use in other projects of your own. The finished plant hanger is approximately 1 metre in length. Your macramé plant hanger will look great with any of the amazing trailing plants that can easily be purchased from your local florist or garden centre. Colours (subject to availability): Sand, Black, Blush Pink, Mustard, Peacock & Terracotta. Price includes your tuition, recycled catering tin & all materials*. & a copy of our Chunky Cotton & Copper Macramé Plant Hanger instructions. *Plant not included.

One Garden, Stanmer Park, Lewes Rd, Brighton BN1 9SE

Wheelchair accessible

Workshop Host - Cocoon & Me

Cocoon&me is a small, family-run independent business committed to good business practice with sustainability & ethical conduct at its heart. All materials are carefully sourced & recycled where possible. Specialising in contemporary craft workshops & kits, Cocoon&me have been exploring the therapeutic benefits of crafting, developing our fun, small group workshops teaching maker's skills, & creating our range of textile kits & patterns, giving a wide range of people the opportunity to make their very own bespoke & beautiful pieces. Paula our founder runs our textile workshops in Brighton and Hove, Lewes, Worthing, Farnham, Chichester, & London.

info@cocoonandme.com
<https://www.cocoonandme.com/>
<https://www.facebook.com/cocoonandme>

<https://www.instagram.com/cocoonandme>
<https://www.twitter.com/cocoonandme>
<https://www.pinterest.co.uk/cocoonandme/>

Ticket £38 - Adults only - Capacity 10

<https://www.cocoonandme.com/shop/chunky-cotton-copper-macrame-plant-hanger-workshop-one-garden>



Phoenix Art Space – Open Studios

11 - 5pm - Day 2

PHOENIX ART SPACE, 10-14 Waterloo Place, Brighton, BN2 9NB

Ticket - Free. No booking needed. See previous information on Saturday listing

<https://www.phoenixbrighton.org/Events/open-studios-2022/>





HERA / Robin Hood Foundation Brighton Health & Wellbeing Centre

If you live with ongoing physical or mental health concerns or feel that recent times mean you need a boost to prevent your health declining, creative and social activity is proven to help - here are some things you can try. All activities are FREE thanks to the funding from BHCC. There is no obligation to commit to multiple sessions - you are welcome to try a session to see if you enjoy it. And you can bring a companion if you wish. Let us know if you have access requirements and we will do our best to support you.

OPEN TO ALL BRIGHTON & HOVE RESIDENTS - FREE

Art for Relaxation - Monday 16th - 10.30am / Microsoft Teams

Simple and fun creative projects that are great for calming the mind. Delivered in an informal and relaxed atmosphere - easy techniques that require no previous art experience. Make a cuppa, grab some paper & pens and see how being creative can bring peace of mind.

Dancing Ourselves - Monday 16th (Zoom)/ Tuesday 17th (Zoom or in-person) - Both 10am

This session is an opportunity to try different types of movement and dance. We will cover body conditioning techniques which can be adapted depending on your ability and preferences, to help improve your mobility and fitness

Photography Walks - Wednesday 18th - 10am / In-person

Expand your visual eye and kick-start your curiosity with any smartphone or camera. No previous experience needed on this practical photography workshop that gets you thinking and walking as well as taking photographs. Along the way you'll develop a new appreciation of your surroundings, while connecting to yourself and others

Visual Art - Taking a Line for a Walk - Thursday 19th - 10am / Zoom

Explore drawing and other visual art techniques through mark-making, with an emphasis on enjoying the materials and the process. You'll love discovering what you can create

Third Fridays - Friday 20th - 10.30 - 12pm / In-person

On the third Friday of every month we have a free social and drop-in with an artist, at The Old Market venue from 10.30am to 12 noon. Tea/coffee and biscuits are provided. Come and meet members of the team, ask any questions you might have, and try something creative

Mood Boosting Moves - Friday 20th - 1pm / Zoom

Everybody is welcome to join this easy but fun dance class. No experience required, all abilities welcome. Just fun, good tunes and a chance to move and groove a little to lift your spirits

Sing for Better Health - Saturday 21st - 12.30pm / Zoom

Improve your health and wellbeing using a combination of relaxation/posture/breathing exercises, and have fun singing songs together at this ever-popular group. You don't have to be able to sing to join us! Singing has proven benefits for health and wellbeing

Creative Writing & Creative Coding classes are also available at other times

Simply email - contact@robinhoodhealth.org call 01273 712175 or speak to your GP practice

All sessions are led by Qualified Professionals See what works for you . . .

And our **Artists' Open House** happens again this year, on the theme of Connection. We are no.5 on the Brunswick Trail - link here: <https://aoh.org.uk/house/may2022/hera-at-bhwc-2/>





Creativity & Addiction Recovery

Horizon

Horizon is a film and media academy with an expansive, progressive view of what's possible for people dealing with **addiction and mental health**.

Founded and facilitated by **Annie Murray**, and in partnership with Edit Sweet Productions, Horizon supports those in active recovery from addiction through free training and development programs that run throughout the year. The focus is on building confidence and skills in film and media production, whilst giving crew members an opportunity to explore creative expression and take strides towards living a wholehearted life, free from addiction in an industry that is closed, and hard to tap into.

Horizon encourages people to tell stories in creative ways that explore artistic impression and expression.

In 2019 Horizon was shortlisted for the Visual Arts Award at Brighton Fringe, which showcased student's film and photography work based on the experiences of those dealing with addiction, mental health and adversity.

Annie is the founder of both Horizon and Edit Sweet and came into recovery in 2016 after fighting an addiction problem spanning 15 turbulent years. She has overcome street homelessness, hostel living, hospitals, the criminal justice system and has come through the recovery services to reach a point of sustainable sobriety. Now a business owner, founder of Horizon, a homeowner and a shining example to the recovery community that change absolutely is possible.

"What I have created is a place where I would love to go, a place that wasn't available to me when I was first in recovery." Annie

When asked about the inspiration for Horizon, Annie explained, "In my early recovery, I would attend everything that was available to me as a recovering addict. There just seemed to be something missing and a lack of real, solid training. I saw a gap, and an idea formed whereby I could fill that gap and provide this for others. The idea that I could run something solid, with recovery, integrity, and creativity at the heart. I wanted an amalgamation of everything put together. Music, drama, film, photography, creativity, recovery. I wanted to pull it all together into one platform, I was eager to learn and progress rather than 'play'. I was ready to take my creativity seriously and become accomplished at something, after years of losing my creativity to addiction.

"As soon as I got my hands on a camera, I found myself elevated to the next level of recovery, where I was consumed by a love of camera work and storytelling. In the rooms (AA), we all shared our stories, and I noticed how much it improved my life to hear other people's experiences.

Horizon works with people in recovery in Brighton and Hove, and their courses are open to anyone in the local area who wants to apply. Annie is also co-hosting a podcast alongside Sophie Turton from The Joyful. Through the Lens of Recovery is a podcast about hope, resilience, inspiration, and triumph in the face of adversity.

If you're interested in learning more about Horizon and how you can get involved, you can get in touch with Annie directly: annie@editsweet.rocks 07826 949326

<https://www.myhorizon.rocks/>
<https://editsweet.rocks/>





Culture Health & Wellbeing Alliance

Partners of the Creativity & Wellbeing week

The Culture, Health & Wellbeing Alliance is the sole free-to-join membership organisation for creative health across England. We provide networked, collaborative advocacy, support and resources, supporting health and wellbeing for all through creative and cultural practice. We are based in Barnsley, South Yorkshire.

Over recent years, there has been a growing understanding of the impact that creative or cultural activity can have on health and wellbeing. Accessing the arts and heritage – and more generally working with our own creativity using our imaginations – can improve our health if we have diagnosed mental or physical health problems, but is also good for our health and wellbeing more generally, and for the health of our communities and society.

We work with

- 5,800 members including freelance creatives, museums, heritage and arts organisations
- 50 strategic partners across culture, health and social care
- A range of strategic allies including the All-Party Parliamentary Group for Arts, Health & Wellbeing, the National Centre for Creative Health and the LENS.

The difference we make:

- connecting and empowering changemakers in the field
- amplifying critical initiatives that demonstrate how creativity and culture addresses health inequalities
- conducting research that evidences critical systemic change opportunities
- challenging and changing systemic health narratives through positioning the value of culture and creativity

To find out more about what CHWA does go to their website

<https://www.culturehealthandwellbeing.org.uk/>



Lived Experience Network

The LENS is a network of people who believe in the benefits of creative and cultural engagement to individual and collective wellbeing. By working in partnership and acting as a critical friend, The LENS champions access to creative and cultural opportunities for all. The LENS works to ensure that the voices of those with lived experience remain at the heart of the arts, health and wellbeing movement.

Recent consultancy involving LENS members includes a £2,000,000 project with Comic Relief & Walkers Smiles Fund, where Lived Experience was at the heart of decision making for funding creative community projects across the UK to combat emerging mental health needs.

To find out more go to <https://www.culturehealthandwellbeing.org.uk/get-involved/lens>



Creativity & Wellbeing week founders

To learn more about the national event go to

<https://londonartsandhealth.org.uk/creativity-and-wellbeing-week/>





Practitioner Support

Are you an Arts in Health practitioner in Brighton & Hove, looking for further support or professional development?

Creative Future Flourish Programme

FLOURISH is a free artist training programme from The Hera Partnership and Creative Future, with funding from Brighton & Hove city council. It's for creative practitioners new to Arts for Health & Wellbeing practice.

The training has been designed to support creative practitioners/facilitators who are interested in this field of Arts for Health and Wellbeing, and who are complete beginners or have up to 1-year of experience. It includes workshops, mentoring, and work shadowing opportunities.

They are currently working with nine Brighton & Hove based artists and will be offering an additional ten spaces on a further training course later in 2022. Find out more here <https://www.creativefuture.org.uk/arts-health-and-wellbeing/flourish/>

Orange Collective

Orange Collective are bringing together Arts Practitioners and Therapeutic Practitioners to support a growing movement in Arts and Wellbeing, in response to a mounting mental health crisis.

Our trainers, supervisors and guest lecturers offer a range of expertise in using creative approaches to wellbeing which include areas such as: Being Trauma Informed (including social justice - equality, diversity, adversity and inclusivity), Creative Approaches to Emotional Regulation, Understanding the Impact of Attachment on Group Dynamics, Safeguarding and Professional Practice. We also offer training for therapists and mental health practitioners who wish to integrate the arts into their practice. We are excited to develop a dialogue between artists, therapists and mental health practitioners.

<https://orangecollective.co.uk/>

From Surviving to Thriving: Building a model for sustainable practice in creativity and mental health

This new Culture, Health & Wellbeing Alliance report is the result of a six-month project funded by the Baring Foundation, working with around 150 practitioners to understand how we might help more people and organisations using creativity to support mental health to thrive.

Read the report here

<https://www.culturehealthandwellbeing.org.uk/surviving-thriving-building-model-sustainable-practice-creativity-and-mental-health>



Directory of Resources

Creativity 4 Wellbeing

Take advantage of these fantastic free resources to get you started on a creative project. Put together by local artist & arts facilitator Richard K Potter.

<https://www.creativity4wellbeing.com/>

AI Start - Go Kids Music

Exceptionally fun children's music to support learning & creative potential by local songwriter & musician AI Start. In particular, supporting English as a second language and children previously/in care who experience difficulties due to early life trauma.

<https://gokidmusic.com/>

Music for Connection

A specialist local community music service for adults of all abilities. We offer participatory music as a tool for connection in a variety of community-based settings. With listening and sound-making at the core of what we provide, we work with older people, for teambuilding and staff wellbeing, with people living with dementia and their carers, for mental health, and string players of all abilities.

<https://musicforconnection.co.uk/>

Evolution Arts

Evolution Arts is an organisation located in Brighton UK, founded on Buddhist principles and rooted in that heritage. They have been going since 1992, acting as a mediator between providers and recipients of activities designed to promote wellbeing, enjoyment, embodiment and sound ethical principles. Although there is a strong 'arts' theme to most of what they do, their offer can be diverse and experimental. The drive for this apparent eclecticism is a thirst to achieve meaningful expression of the teachings of the Buddha.

<https://www.evolutionarts.org.uk/>

Synergy

Synergy Creative Community is a mental health peer-led community organisation based in Brighton, East Sussex. They take a creative approach to well-being and mental health by running weekly sessions of art, music, creative writing, cookery and mindfulness meditation. Synergy has become a space to connect with others and share experiences.

<http://www.synergycreative.org.uk/info/>



Directory of Resources

Draw Brighton

A dynamic and open community of artists, tutors and models. Draw runs flexible and affordable drawing, painting and printmaking classes, accessible to everybody.

<https://www.draw-brighton.co.uk/>

Brighton & Hove Arts Council

BHAC supports local arts by promoting its member groups, helping them to reach out to a wider audience through its core activities and special projects, and contributing to cultural diversity and the health and wellbeing of the community they serve.

<https://www.bh-arts.org.uk/>

Culture in our City

Culture in Our City has been created to support cultural and creative workers with opportunities for professional development and skills support. Whether starting out, adapting and growing, or in leadership, it's a resource to help you connect with others and flourish.

<https://cultureinourcity.com/>

Mental Health

Mind

Mind in Brighton and Hove works to promote good mental health in our city and across Sussex. It seeks to empower people to lead a full life as part of their local community.

<https://www.mindcharity.co.uk/>



Grassroots Suicide Prevention

Grassroots is a leading UK charity in suicide prevention. We provide expertise, training and resources to help communities, organisations and individuals effectively support people at risk of suicide or experiencing mental health problems.

<https://prevent-suicide.org.uk/>

GRASSROOTS
preventing suicide together



Brighton Creativity & Wellbeing Week

Thankyou for taking part
Stay Well
Stay Creative

