

# Making Change

Culture, Health & Wellbeing Alliance National Conference

11–13 October 2023

Barnsley

Please note that we're still confirming a few details and might make some additions and changes to this programme.

A description of each breakout activity can be found at the end of this document. Book your [breakout sessions here](#)

Book your In-person tickets [here](#)

Book your Digital tickets [here](#)

## Weds 11 October 2023 – Barnsley Civic & Various Breakout Spaces

13.00 Arrivals and Registration

13.50 – 14.25 Opening Performance & Welcome

Horizon Community College, Barnsley – Streetkingz and Fusion

Councillor Steve Houghton – Council Leader, Barnsley Metropolitan Borough Council

Victoria Hume & Fiona Moon – Culture, Health & Wellbeing Alliance

14.30 – 15.35 Panel 1:  
From the Roots Up – Where Values Create Systems and Structures

Chair: Roshmi Lovatt – Art Psychotherapist

Amahra Spence – Director and CEO, MAIA

Sally Lewis – Programme Manager, Arts, Health and Wellbeing, Arts Council Wales

Frances Williams – Health & Research Lead, QueerCircle

Viv Gordon – CSA Survivor, Artist Activist & Artistic Director of Viv Gordon Company

Panel 1 content disclosure: mention of surviving child sexual abuse

15.30 – 15.45                      Wednesday Roundup

15.45 – 16.15                      Tea and cake

16.15 – 17.15                      Breakout Sessions 1

Lora Krasteva – Make Your Own Creative Health Toolkit

Change, Act! – Transformational Play: The Theatre Games of Boal as a Call to Social Change

Rosie Carnall – Pop Up Philosophy Café

Imrana Mahmood – Cultural Diversity in the Arts: Beyond the Tick Box Exercise

Alex Evans, Kazzum Arts – How to Create a Trauma Informed Organisation

Emily O’Shea – Equitable for All: Embedding Access into Live and Cultural Events

Kelly Amoss – Adoption Friendly Frameworks in Creative Health

Jane Thakoordin, Artist in Residence: Protest Banner Making Workshop

19.00 onwards                      Takeover of Barnsley Town Hall & Museum

Evening Meal provided at the Town Hall

Jane Thakoordin, Artist in Residence – Protest Banner Making Workshop

Cross the Sky Theatre Company – Film Showing

leon clowes – Queer Mats: A Creative Exploration of Our Relationship with Alcohol

Barnsley Museums – Hear My Voice Poetry Buffet, Feels Like Home Art Workshop, Plant a Promise Micro-volunteering Activity, Spotlight Tours of museum collection and AR/VR Showcase

**Day 2 overleaf...**

## Thurs 12<sup>th</sup> October 2023 - Barnsley Civic & Various Breakout Spaces

09.00 – 09.45 Arrivals and Registration

09.45 – 10.00 Welcome

10.00 – 11.10 Panel 2:  
Not a Single Tree but an Ecosystem:  
Building Cooperation, Communication and Support

Chair: Jayne Howard – National Centre for Creative Health

Lucy Robertshaw – Director (Arts & Health), darts

Daniel Regan – Artist / Exec Director of Arts & Health Hub

Jide Ashimi – Lead Facilitator, Artists Represent Recovery Network

Julie McCarthy – Lead for Creative Health, NHS Greater Manchester Integrated Care &

Clare Lovett – Principal Projects Development Officer: Strategy and Programme Team, Greater London Authority

Pippa Jones – Director, Create Gloucestershire

11:45 – 12:45 Breakout Sessions 2

National Centre for Creative Health – Creative Health Toolkit

Julie Tolhurst, Public Health Barnsley & Rachel Massey, The Culture, Health & Wellbeing Alliance – A Strategic Approach to Creativity & Wellbeing Week

Emma Bentley Fox – Confessions: A Trauma Informed Writing Workshop

Reaching Out Reaching In (RIRO)

Artists Represent Recovery Network (ARRN)

Vicky Hunter – Mapping and Moving: Fostering wellbeing through body-site connections

People Dancing – The Power of Partnership with People: Creating Authentic Partnerships Alongside People Living with Parkinson's

13.00 – 13.45 Lunch – provided by The Yorkshire Food Company

14:00 - 15.05 Panel 3:  
Creating Fertile Ground: Where Investment is Feeding New Systems

Chair: Dr Tola Dabiri – National Lead for Arts & Culture, National Academy for Social Prescribing

Kiz Manley – Lived Experience Programme Coordinator, University College London

Helen Fountain, Maggy Pigott & Paul Green – Creative Ageing Lived Experience Network (CALEN)

Elaine Burke – Specialist arts and health consultant

15.30 – 16.30 Breakout Sessions 3

Jane Thakoordin, Artist in Residence – Protest Banner Making Workshop

Julian West & Michael Cunliffe – Where is the Artist? The Role of the Practitioner when Co-Creating with Non-Professional Participants

Ruth Flanagan – Lived Experience as a Tool for Best Practice: Healing Beyond the Medical Model

Sarah Derbyshire (Orchestras Live), Viv Reiss, Laura Waters & Guy Noble, National Arts in Hospitals Network – Collaboration Commissioning Change: How Working Collaboratively Can Inform Policy

Hannah Gaunt, Engage – Connect & Reflect: A Safe Space for Imaginative Thinking, Problem Solving and Nurturing Quality Practice

Barnsley Museums – Art on Loan: Rethinking Access to Art for Older People

Tim Joss, Aesop Arts & Society – Increasing Organisational Resilience and Rigour in Creative Health

16.30 – 17.00 Cakes and tea

17.00 – 17.30 End of Day Roundup

**Evening activities overleaf...**

18.00 Onwards Un-conference @ The Lightbox

Barnsley Libraries – Poetry Wellbeing Parcels

18.30 Sharleen Shaha, Hoot Creative Arts – Speak Our Music: Making for Wellbeing

18.30 Drop In Table Talk: National Centre for Creative Health – Meet Your New Creative Health Associates

19.00 Jane Thakoordin, Artist in Residence – Protest Banner Making Workshop

19.00 Drop In Table Talk: Barnsley Museums: How Can Working Creatively Positively Impact Young Peoples Lives?

19.30 Drop In Table Talk: Victoria Hume, CHWA – Could You Be Our Next Regional Champion?

20.00 Drop In Table Talk: The LENS – Exploring the Role of Lived Experience in Creative Health and Co-Production

20.00 Rose Condo – Performance: How to Starve an Artist

**Day 3 overleaf...**

## Fri 13<sup>th</sup> October 2023 – Parkway Cinema & Various Breakout Spaces

09.15 – 09.30 Arrivals and Registration

09.30 – 10.30 Breakout Sessions 4

Royal Liverpool Philharmonic – Delivering Music in Healthcare Settings

Karen Irwin, Live Music Now – The Lullaby Project: Improving Perinatal Mental Health Through Song Writing

Jane Willis – Introducing the Creative Health Quality Framework

Helen Boutle, Creative Recovery – SPILL, A Creative Mess-Making Workshop

Maria Pasiiecznik Parsons & Dr Richard Coaten, Creative Dementia Arts Network – Cocreating the Practice Handbook for Creative Arts and Dementia

Nick Cutts, OPUS Music – Music as an Intrinsic Part of Caring

Vikki Parker – Doodle Café: Wellbeing Wisdom

Jane Thakoordin, Artist in Residence – Protest Banner Making Workshop

10.30 – 11.00 Refreshments (hot drinks)

11.00 - 12:10 Panel 4  
Bearing Fruit: Unearthing the Magic

Chair: David Cutler – Director, The Baring Foundation

Hollie Smith-Charles, Lead – Creative Health & Change, Arts Council England

Dr Nuala Morse – Lecturer in Museum Studies, University of Leicester &  
Vic Ryves – Learning and Community Development Manager, Doncaster Culture Services

Jane Thakoordin, Artist in Residence

Samra Said – Arts in Homelessness International

12:15 – 13.00 Closing words: Fiona Moon, Victoria Hume & Matt Walsh – CHWA

**13:00 End**

# Making Change

Culture, Health & Wellbeing Alliance National Conference  
11–13 October 2023  
Barnsley

Please note that we're still confirming a few details and might make some additions and changes to this programme.  
The breakout activities can be booked in advance from early September.

**All breakout activities will last an hour. You should therefore only sign up to one breakout activity in each breakout slot. [Book your breakout activities here.](#)**

Weds 11 October 2023 – Barnsley Civic & Various Breakout Spaces

## Breakout sessions 1

MAKE

### Lora Krasteva – Make Your Own Creative Health Toolkit

What are the core principles of sustaining ourselves individually and as a community? Lora will guide you through identifying your needs and boundaries and developing practical tools to sustain health and emotional well-being, and further tap into your own voice/vision/goals in order to be the change makers you want to be. Participants will leave with a tailored map of things they can do to remain refreshed and avoid burnout

DO

### Change, Act! – Transformational Play: The Theatre Games of Boal as a Call to Social Change

A fully inclusive workshop using the socially charged games of Augusto Boal, a pioneer of socially engaged and applied Theatre. Focussing on radical play and the imagination as a tool to build connections with others, and to imagine and take steps to creating a different world. The workshop will open with a discussion around play and its radical transformative possibilities. Space will be held for participants to share their ideas and experiences, and to think about what is not working in society and how we will change it.

THINK

### **Imrana Mahmood – Cultural Diversity in the Arts: Beyond the Tick Box Exercise**

There is an ongoing drive to champion more diversity within the arts sector, however, we need to go beyond tick-box representation in order to provide genuine opportunities to enhance creative wellbeing. This workshop will address examples of barriers faced by underserved communities ecosystem and how these are perpetuating ongoing systemic exclusion. In creating a safe space to explore meaningful activism, it gives organisations and practitioners opportunity to rethink their approaches to co-creation and how to embed inclusion within longer-term strategic goals.

TALK

### **Rosie Carnall – Pop Up Philosophy Café**

What's more disruptive than the potential to change your mind? This session will engage participants in lively discussions on big philosophical questions about arts, culture and creativity. With activities based on the Philosophy for Communities (P4C) methodology, we will provide space to delve into established ideas to find new understandings. P4C is a structured but flexible process that enables deep discussion on any theme. Light-hearted yet thought-provoking, this session culminates in creative writing exercise, where participants can produce their own postcard provocation.

THINK

### **Alex Evans, Kazzum Arts – How to Create a Trauma Informed Organisation**

Individuals and organisations across the arts and health sector are facing unprecedented challenges. Rising levels of need, funding in crisis and insecure futures reflect the collective and individual trauma of our times. How can a trauma-informed approach support our response? How does our understanding of trauma deepen our capacities to develop innovative and empathic approaches? What does it even mean to be trauma-informed anyway? Kazzum Arts have been working towards a trauma-informed approach for six years. This workshop will explore both theoretical ideas and practical approaches which have influenced and shaped our unique model of working, including identifying what trauma is and how we can develop approaches which support lived experience, safeguard professional practice and work towards post-traumatic growth.

THINK

### **Emily O'Shea – Equitable for All: Embedding Access into Live and Cultural Events**

Access to arts and culture is a human right. Arts and cultural events help us to tell stories and raise awareness, understanding perspectives other than our own. They help bring people together and create a stronger sense of identity impacting health and wellness. When these experiences are not accessible or not providing an equitable experience to their nondisabled counterparts, we are actively putting up barriers to inclusion. This includes but is not limited to those with disabilities, who are neurodivergent, and who have experienced trauma. Emily discusses the risks, adaptations and successes of creating theatre with accessibility as a foundation, and invites others to reflect on their own practice.



THINK

### **Kelly Amoss, Seaglass Colective – Adoption Friendly Frameworks in Creative Health**

Seaglass Collective founder Kelly Amoss identified a gap in arts outreach provision for adopted children and young people, and since then has been delivering bespoke projects that breakdown the barriers to participation by meeting their specific needs. Working with artists trained in adoption, they have honed a best practice model which fosters an environment where children feel safe and are able to engage, increase their confidence, skills, emotional well-being and life aspirations. Hear about the companies journey, why this work is so needed, and consider small adaptations that could be made within your practice to create a more adoption friendly approach.

MAKE

### **Jane Thakoordin, Artist in Residence: Protest Banner Making Workshop**

Be Noisy; Stay Annoying . Protest is a right, and protest is human. Join participatory artists Jane Thakoordin to hear about her practice with marginalised communities and her creation of the Protest Banner Collective, consider the pressing issues in society and exercise your right to be noisy by making your very own mini protest banner. Banners can be displayed throughout the conference or taken home. This workshop will repeat throughout the conference.

WATCH

### **Cross the Sky Theatre Company – Film Showing**

**Cross The Sky** is a community theatre company for learning-disabled and autistic adults. They have been the resident theatre company at Barnsley Civic since 2015. Over the past three years they have been developing and performing their latest production, Up in the Attic. Join for a special viewing of their accompanying documentary film, that explores their ethos, processes and experiences of the company and its' members.

MAKE

### **leon clowes – Queer Mats: A Creative Exploration of Our Relationship with Alcohol**

There has long endured a Western subcultural romanticisation of artists and addicts as outsiders, and of alcohol and other drugs their connective routes to creativity. 'Queer Mats' is a good-humoured participatory disruption of adults querying their individual relationships with alcohol, allowing participants to reflect on things they have done whilst under the influence. Inspired by the inventory aspects of Alcoholics Anonymous' (AA) 12 Step programme, 'Queer Mats' attempts to queer the stigmatisation around addiction by developing a collective response to normalised societal behaviours.

Content Disclosure: Talk of addiction/alcoholism

DO

**Barnsley Museum Collection – Hear My Voice Poetry Buffet Workshop, Spotlight Tours, Plant a Promise: microvolunteering pledge, Feels Like Home Art Workshop, VR Showcase**

Experience Barnsley Museum opened in 2013, with stories and objects donated by local people. Join Curator Steven Skelley for a tour of some of the museum’s eclectic highlights and find out about the museum’s community programme, which led to it being nominated as Museum of the Year in 2021 and highly commended in the Collections Trust Award 2021.

Meet resident group Feels like Home, a cultural group for refugees, asylum seekers and people new to Barnsley and find out about their work.

Pick up a VR headset to take a trip back in time to The Barnsley Civic in the 1800s, play games and learn how the museum’s award winning digital work during the pandemic and the role this played in supporting local people, and even people as far away as Australia.

Find out about how Barnsley Museums volunteer programme supports wellbeing, and learn more about the concept of ‘microvolunteering’. Plant a promise to yourself on a card made of wildflower seeds and watch it blossom in the spring.

Hear My Voice is Barnsley Museums’ ongoing programme of poetry and spoken word. Sample some tasty treats from the Hear My Voice back catalogue of print and pamphlets (free to good homes) and if the muse takes you, sprinkle some words into our typewriter soup.

Thurs 12<sup>th</sup> October 2023 - Barnsley Civic & Various Breakout Spaces

## Breakout Sessions 2

### National Centre for Creative Health – Creative Health Toolkit

LISTEN

Alex Coulter, Director of the [National Centre for Creative Health](#) (NCCH), and Hannah Waterson, Research and Policy Manager for the NCCH, will introduce the forthcoming Creative Health Toolkit, an online resource to support Integrated Care Boards to embed creative health in their Integrated Care Systems. Developed in partnership with NHS England and four Integrated Care Systems we hope this will be a useful resource for everyone working with and within ICSs in England. We will focus on the section on Planning and Commissioning and discuss some of the findings from the recent roundtable on [Cost-effectiveness, evidencing value for money & funding models](#) and encourage discussion and sharing of perspectives on this challenging topic.

LISTEN

### Julie Tolhurst, Public Health Barnsley & Rachel Massey, The Culture, Health & Wellbeing Alliance – A Strategic Approach to Creativity & Wellbeing Week

This session will invite participants to explore how creative health can help tackle health inequalities. Julie and Rachel will share their experience of developing a Creative Health programme in Barnsley and across South Yorkshire, using Creativity and Wellbeing week as a springboard for activation. As part of this strategic approach, they will outline how a Creative Health Plan on a Page has been developed, with a focus on workforce development with staff from creative, health and social care sectors. Participants will have opportunities to share their learning about how creative health can be built into strategic and operational plans to make a difference to people's lives.

DO

### Emma Bentley Fox – Confessions: A Trauma Informed Writing Workshop

Explore trauma-informed ways of working creatively using letter writing and found objects. Reflecting on feelings of nostalgia, how we relate to ourselves and others, and getting curious with our thoughts and feelings in a relaxed and high-support environment. By the end of the workshop participants will have written a letter to themselves, or someone else, have different methods of bringing trauma-informed practises into working as an arts practitioner and have practical tools for self-regulation and co-regulation, setting boundaries, and managing healthy consent practises.

LISTEN

### Barnsley Museums – Art on Loan: Rethinking Access to Art for Older People

Art on Loan is a project to bring real art into care and community settings. The Art on Loan collection includes a sculpture, a painting, a drawing, a textile piece, several examples of artist made prints, including screen prints, collagraph and wood block, and a series of

photographs taken by local photographers of Beautiful Barnsley through the seasons. In this session you will be able to hear more about the project and see examples of the artworks and the sensory materials and activities that go with them.

LISTEN

### **Reach In Reach Out (RIRO) – Arts and Health South West**

How can we support young people to be equal participants in the creative process? Drawing on experience of their co-produced engagement programme for 16-24s, RIRO will give participants the chance to discuss their own experiences of collaborating with vulnerable young people, what works and what is challenging, and what strategies can be used to provide ongoing wellbeing support to enable their participation and growth. They will also talk about the growth opportunities for cultural organisations and how this can lead to structural change in the ways they interact with young people. Finally, participants will explore the idea of cultural volunteering, how this is seen by young people and how cultural organisations can adapt to these views

LISTEN

### **Artists Represent Recovery Network (ARRN) – Colours of Change: Art, Health and Anti-Racism**

Artists of colour from the Artists Represent Recovery Network share their creative health practice and how art can be used as a powerful tool to dismantle racism and the health inequalities it produces. The Artists' Represent Recovery Network is a professional development programme open to 10 London-based, freelance, ethnically diverse artists who identify as black, brown, people of colour who have faced systemic racism, and who are working in arts & health in a participatory or community setting.

The project is aimed at artists with at least 3 years of experience in this field and each artist has access to professional skills development sessions, peer-to-peer support and on-the-job training in a South London and Maudsley (SLaM) hospital ward.

This project is a partnership between three organisations: London Arts and Health, Raw Material and Arts & Health Hub.

DO

### **Vicky Hunter – Mapping and Moving: Fostering wellbeing through body-site connections**

This workshop will engage participants in simple movement tasks to explore the details, shapes, forms and rhythms of public space. It will explore how site-based movement practice can engage people with outdoor spaces and foster wellbeing through connecting with others and with the environments in which we live, work and pass through. It challenges participants to consider what we notice in our surroundings and how our bodies might connect with and relate to the spaces around us. Through playful tasks and exercises it challenges the group to explore how we might 'map' these spaces through the body and connect with the (natural and human-made) world around us. Previous movement experience is not required. Comfortable walking shoes and loose clothing recommended.

DO

### **People Dancing – The Power of Partnership with People: Creating Authentic Partnerships Alongside People Living with Parkinson’s**

Led by participants of the Live Well & Dance with Parkinsons community, this workshop will use movement and discussion to highlight the power of creating authentic, dynamic artistic collaborations, putting people with lived experiences at the centre of the work. People Dancing will create a space to amplify the voices of participants and have an open dialogue about the successes and difficulties of their unique approach.

#### **Breakout Sessions 3**

LISTEN

### **Julian West – Where is the Artist? The Role of the Practitioner when Co-Creating with Non-Professional Participants**

There has been increasing interest in working co-creatively, using the arts, with people with dementia. However, the role of the artist who is integral to this endeavour, tends to be neglected. Too often, ‘The Arts’ or ‘Culture’ are spoken about as being fundamental for health and wellbeing, with little consideration of the knowledge, expertise, and skills of the practitioners who facilitate these experiences for others. In co-creative work it is important that we consider the role of the artist practitioners, as they themselves cannot be separated out from the process – they are co-creating alongside non-professional participants.

MAKE

### **Ruth Flanagan – Lived Experience as a Tool for Best Practice: Healing Beyond the Medical Model**

How can we reduce reliance on the medical model and use our lived experience as a tool for best practice when supporting others via the arts? By highlighting the valuable role of Lived Experience, we will reflect on what Lived Experience means in Arts Health and well-being and how co-curation and Autoethnography can inform practice. Participants will use clay and text to reflect on the theme and feedback on findings through group discussion.

Content Disclosure: Talk of cancer/cancer treatment

LISTEN

### **Sarah Derbyshire, Viv Reiss, Laura Waters & Guy Noble – Collaboration Commissioning Change: How Working Collaboratively Can Inform Policy**

With a focus on hospitals, this discussion will look at how collaboration and networks can drive change through strategic delivery; how working together in a collaborative way can help inform policy. Three presentations will spotlight different ways collaboration and networks can influence hospitals to commission creative work that is integral to the way they operate and support patients fostering co-creation, breaking new ground and putting arts and creativity at the centre of patient care.

TALK

**Hannah Gaunt, Engage – Connect & Reflect: A Safe Space for Imaginative Thinking, Problem Solving and Nurturing Quality Practice**

Connect and Reflect sessions aim to support colleagues working in the field of visual arts engagement and participation to share, debate and shape practice. These sessions respond to an acknowledged need within the workforce for dedicated reflection time, and that this is necessary, in a culture of risk-adversity and precarity, to create safe space for imaginative thinking, problem solving, solidarity and to nurture our collective understanding of quality practice.

LISTEN

**Tim Joss, Aesop Arts & Society – Increasing Organisational Resilience and Rigour in Creative Health**

With traditional funding pathways more growing increasingly more precarious, we need to consider other approaches. There are means and sources for generating earned income that are often highly reliable, but are not always being tapped into. Aesop will discuss their transition to an earned income model, sharing points of learning and success, and encouraging organisations in both the arts and health sectors to create a shared and mutually beneficial vocabulary and approach.

WATCH

**Rose Condo – Performance: How to Starve an Artist**

Runner Up Best Spoken Word Show at the 2017 Saboteur Awards, *How to Starve an Artist* is a participatory spoken word theatre show, based on a series of poems, that explores feeding our inner artists with compassionate creativity. The show was created to address how easily and insidiously creativity can get starved out of day to day activities. As we navigate enormous global challenges, it feels as important as ever to carve out time to reflect on how we can sustain creativity in our lives. As part of the performance, all audience members are treated to a ‘Starving Artist Kit’ to fuel their own creativity.

DO

**Sharleen Shaha, hoot Creative Arts – Speak Our Music: Making for Wellbeing**

Focusing on music making as a tool for wellness, hoot facilitator Sharleen will talk about her work as a musician and how this has benefitted her wellbeing, and invite participants to consider their personal connections between music and health over their life, evoking thought and reminiscing. Participants will then have the opportunity to create and share a piece of music in response to their feelings, using writing, visual arts, recording and soundmaking.

DO

**Barnsley Libraries – Plant a Promise Micro-volunteering Activity and Poetry Parcels**



TALK

**Table Talk – Victoria Hume – The Culture, Health & Wellbeing Alliance – Could You Be Our Next Regional Champion** (Pre-booking not required)

**Table Talk – Jayne Howard – The National Centre for Creative Health – Meet Your New Creative Health Associates** (Pre-booking not required)

## **Breakout Sessions 4**

DO

### **Royal Liverpool Philharmonic – 15 years of music in healthcare...a practical workshop**

An inspiring and participatory music making session, interspersed with tips and tools for delivering music sessions in health care settings. Drawing on expertise from working in healthcare settings for 15 years, adapting to changing environments, and nurturing new musicians in this field, this workshop will include performance, practical participation, and informal discussions, to nurture and support other practitioners in this field. Participants will also explore the changing landscape of music in healthcare on an individual, organisation and policy level.

THINK

### **Karen Irwin, Live Music Now – The Lullaby Project: Improving Perinatal Mental Health Through Song Writing**

What if every baby had their own personal song?

The Lullaby Project is a creative health programme bringing collaborative song writing to the growing crisis in perinatal mental health; pairing new mothers and families with Live Music Now musicians to write, sing, record and perform a personal song for their baby. This project illustrates the role of the creative process, experience and language of song writing in growing resilience and personal capacity, and strengthening relationships and bonds. Parents, and their new children, are supported to live through an immediate life challenge and better equipped to face what might come next. Live Music Now will share their learning and experience, opening a conversation around the opportunities, and barriers, in embedding creative health song writing projects to respond to, and prepare for, life and mental health challenges, within local health systems.

LISTEN

### **Jane Willis – Introducing the Creative Health Quality Framework**

A workshop for anyone interested in learning more about or using the new Creative Health Quality Framework devised by the Culture, Health & Wellbeing Alliance, including people commissioning, managing and delivering creative health work, whether within an organisation or working in health or social care.



MAKE

**Helen Boutle, Creative Recovery – SPILL, A Creative Mess-Making Workshop**

Time spent immersed in all types media, in the company of members of the Creative Recovery Community at their Barnsley base (5 minutes walk from the Townhall). This workshop offers space to reflect, defrag and process the emerging themes of the conference through intuitive art-making. This workshop will be facilitated by Helen Boutle (Art Therapist and Co-founder of Creative Recovery) and Gavin Phoenix (Outsider Artist and community member).

LISTEN

**Maria Pasiecznik Parsons, Creative Dementia Arts Network & Dr Richard Coaten, dance and movement psychotherapist – Cocreating the Practice Handbook for Creative Arts and Dementia**

The emergence of creative arts for dementia as an acknowledged specialist field of practice, using art, music, dance, drama, poetry, visual, performative and spoken art forms to nurture the health and wellbeing of people living with dementia. Maria Pasiecznik Parsons Dr Richard Coaten wrote the Practice Handbook for Creative Arts and Dementia to address the continuing need amongst arts, health and wellbeing practitioners for training and professional development. In this workshop, participants will be introduced to the Handbook as a practice resource, and reflect on meeting practice challenges in a changing world.

LISTEN

**Nick Cutts, OPUS Music – Music as an Intrinsic Part of Caring**

OPUS' vision is one where 'Music is an intrinsic part of health and social care, everywhere'.

OPUS provides training to medical students, healthcare professionals, caregivers and volunteers to purposefully employ music-based strategies as part of their own scopes of practice. They also take co-created music-making to formal and informal settings to support care receivers,' illustrate the power of music, and to change spaces from clinical to cultural. This approach places the power to make change 'on the ground', with those in receipt of care, and with those who care for them. How do we ensure that the voices of these who are brave enough to enact this culture change can be heard across the system, at Place, ICS and National Level?

DO

### Vikki Parker – Doodle Café: Wellbeing Wisdom

Doodle Cafe is a unique process blending intuitive drawing, breath, practising presence, intention & reflection ritual & developing the inner landscape of self-awareness. A delicious, joyful, colourful permission to embrace your creative flow state, immerse in mindfulness & set intentions for your own wellbeing, in a safe, non-judgemental space. Created around collaborative tables where individual doodles spark rich conversations about levels of wellbeing in that moment, Doodle Café creates a shared feeling of belonging blends with unique insights into personal wellbeing as the guided doodle journeys unfold. No experience needed - A perfect opportunity to connect with others, share compassion, nourish the heart, and celebrate creative flow as medicine for the soul.

**Making Change: Culture, Health & Wellbeing Alliance National Conference**  
11<sup>th</sup>–13<sup>th</sup> October 2023, Barnsley



VENUE GUIDE

Please note all panel talks, roundups and refreshment breaks will take place at our host venues:

- Wednesday 11<sup>th</sup> and Thursday 12<sup>th</sup> October: [Barnsley Civic](#)
- Friday 13<sup>th</sup> October: [Parkway Cinema](#)

Quiet and safe places are available throughout the conference at [Barnsley Civic](#) and [Barnsley Library @ The Lightbox](#). Access guides to all venues can be found [via our access page](#).

**Wednesday 11<sup>th</sup> October 2023: Breakouts**

16.15–17.15	Make Your Own Creative Health Toolkit	The Hub – Digital Media Centre 2
	Change, Act! – Transformational Play: The Theatre Games of Boal as a Call to Social Change	Murray Room – Digital Media Centre 2
	Rosie Carnall – Pop Up Philosophy Café	Sadler Room – Cooper Art Gallery
	Imrana Mahmood – Cultural Diversity in the Arts: Beyond the Tick Box Exercise	Barnsley Civic, Creation Space
	Alex Evans, Kazzum Arts – How to Create a Trauma Informed Organisation	Barnsley Civic, Assembly Room
	Emily O’Shea – Equitable for All: Embedding Access into Live and Cultural Events	Barnsley Civic, Room 305
	Kelly Amoss – Adoption Friendly Frameworks in Creative Health	Walker Room – Digital Media Centre 2
	Jane Thakoordin: Artist in Residence: Protest Banner Making Workshop	Barnsley Civic, Panorama Space (far end)

**Wednesday 11<sup>th</sup> October 2023: Evening**

18:45 onwards	Takeover of Barnsley Town Hall	Barnsley Town Hall / Barnsley Museum
	Evening Meal (must be prebooked by 29 <sup>th</sup> September)	Council Chamber, Town Hall
	Cross the Sky Theatre Company: Film Showing Suffolk Artlink: Film Showing	Town Hall Council Chamber
	Jane Thakoordin, Artist in Residence – Protest Banner Making Workshop	Council Chamber, Town Hall
	leon clowes – Queer Mats: A Creative Exploration of Our Relationship with Alcohol	Council Chamber, Town Hall
	Feels Like Home Art Activity	Barnsley Museums Learning Lab
	Barnsley Museum Collection – Spotlight Tours Plant a Promise – Micro-volunteering Pledge Activity Hear my Voice – Poetry Buffet	Barnsley Museums Sadler Room, Cooper Art Gallery

**Thursday 12<sup>th</sup> October: Breakouts**

11.45 – 12.45	National Centre for Creative Health – Creative Health Toolkit	Barnsley Civic, Assembly Room
	Julie Tolhurst, Public Health Barnsley & Rachel Massey, The Culture, Health & Wellbeing Alliance – A Strategic Approach to Creativity & Wellbeing Week	Murray Room – Digital Media Centre 2
	Emma Bentley Fox – Confessions: A Trauma Informed Writing Workshop	Bramah Room, Digital Media Centre 2
	Reach In and Reach Out (RIRO)	Barnsley Civic, Room 305
	The Artists Represent Recovery Network (ARRN)	Event Space, Barnsley Library @ the Lightbox
	Vicky Hunter – Mapping and Moving: Fostering wellbeing through body-site connections	Barnsley Civic, Hanson Room
	People Dancing – The Power of Partnership with People: Creating Authentic Partnerships Alongside People Living with Parkinson’s	Barnsley Civic, Creation Space
15.30 – 16.30	Jane Thakoordin: Artist in Residence: Protest Banner Making Workshop	Barnsley Civic, Room 305
	Julian West and Michael Cunliffe – Where is the Artist? The Role of the Practitioner when Co-Creating with Non-Professional Participants	Event Space, Barnsley Library @ the Lightbox
	Barnsley Museums – Art on Loan: Rethinking Access to Art for Older People	Cooper Art Gallery, Sadler Room
	Ruth Flanagan – Lived Experience as a Tool for Best Practice: Healing Beyond the Medical Model	Barnsley Civic, Creation Space
	Viv Reiss, Sarah Derbyshire, Laura Waters & Guy Noble – Collaboration Commissioning Change: How Working Collaboratively Can Inform Policy	Barnsley Civic, Assembly Room
	Hannah Gaunt – Connect & Reflect: A Safe Space for Imaginative Thinking, Problem Solving and Nurturing Quality Practice	Bramah Room, Digital Media Centre 2
	Tim Joss – Increasing Organisational Resilience and Rigour in Creative Health	Murray Room, Digital Media Centre 2

**Thursday 12<sup>th</sup> October 2023: Evening**

18.00 onwards	Un-conference @ The Lightbox	Barnsley Library @ the Lightbox
18:30	Table Talk with Victoria Hume – The Culture, Health & Wellbeing Alliance Could You Be Our Next Regional Champion?	Ground Floor, Barnsley Library @ the Lightbox
18.30	Sharleen Shaha, hoot creative arts: Speak Our Music Workshop	Event Space, Barnsley Library @ the Lightbox
19:00	Jane Thakoordin: Artist in Residence: Protest Banner Making Workshop	Ground Floor, Barnsley Library @ the Lightbox
19:00	Table Talk – Becky and YP	Ground Floor, Barnsley Library @ the Lightbox
19:30	Table Talk with National Centre for Creative Health – Meet your new Creative Health Associates	Ground Floor, Barnsley Library @ the Lightbox
20:00	Table Talk with the LENS: Exploring the role of Lived Experience in Creative Health & Co-Production	Ground Floor, Barnsley Library @ the Lightbox
20:00	Performance Rose Condo: How to Starve an Artist	Event Space, Barnsley Library @ the Lightbox

## **Breakouts: Friday 13<sup>th</sup> October**

9.30 – 10.30	SPILL, A Creative Mess Making Workshop with Creative Recovery	Creative Recovery, Prospect Street Community Centre
	Royal Liverpool Philharmonic – 15 Years of Music in Healthcare – A Practical Workshop	Barnsley Civic, Room 305
	Karen Irwin, Live Music Now – The Lullaby Project: Improving Perinatal Mental Health Through Song Writing	Event Space, Barnsley Library @ the Lightbox
	Jane Willis – Introducing the Creative Health Quality Framework	Murray Room, Digital Media Centre 2
	Maria Pasiecznik Parsons / Dr Richard Coaten – Cocreating the Practice Handbook for Creative Arts and Dementia	The Hub, Digital Media Centre 2
	Nick Cutts – Music as an Intrinsic Part of Caring	The Sadler Room, Cooper Art Gallery
	Vikki Parker – Doodle Café: Wellbeing Wisdom	Barnsley Civic, Creation Space

Barnsley Civic: <https://goo.gl/maps/E6sWLAua5cZD66N56>

Parkway Cinema: <https://goo.gl/maps/gxaHSUtDMQnCYxrz6>

Digital Media Centre 1: <https://goo.gl/maps/pZenAxoMVJNQAwcq9>

Digital Media Centre 2: <https://maps.app.goo.gl/RrZwkBNQ5KJdNa2v6>

The Cooper Gallery: <https://goo.gl/maps/Mocxm4gQZq2jqyj29>

Barnsley Town Hall: <https://goo.gl/maps/8fWbUgDzrAne3Jgd6>

Lightbox @ The Library: <https://goo.gl/maps/vBDTZiwm9A16tfjA6>

Creative Recovery: <https://maps.app.goo.gl/ZJinfqT4nK1fkLbc7>



**We hope you enjoy the event. Please scan the QR code to submit feedback, comments or suggestions**