



October 2008

Issue 1

a & m NEWS

► **Message from Richard Taylor, Chair**

Welcome. Our first Arts & Minds bi-annual newsletter aims to provide information about key developments since our launch in March 2007.

There is information about projects, about personnel developments, about grants and about partnerships we have formed to enrich our projects. There are details of our exciting **Autumn Event at 6 for 6.30pm** on Thursday **30 October 2008** at the Fitzwilliam Museum - we hope you can attend. There have been board changes, and new patrons to welcome.

Over **250** people have benefited from projects that Arts and Minds have undertaken. The last few months have been very busy and productive and we are most grateful for all the help and support from all of you involved in our work, and from our friends.

Arts and Minds has delivered over 20 projects throughout Cambridgeshire and Peterborough over the last 18 months, including in Ely, March, Wisbech, Peterborough, Huntingdon, and St Neots as well as in Cambridge and Fulbourn. Most of our projects are delivered in association with partner organisations.

Details of many of our projects can be seen on our web-site

www.artsandminds.org.uk

► **Arts and Minds takes to the road**

During summer 2008, Arts and Minds worked in partnership with Mari Gomori Arts, Stagecoach and Kettles Yard in an exciting initiative offering arts workshops in the ArtsBus, a mobile studio – ‘taking the arts to the people’ in some of the remoter parts of the county. The first series of workshops with artist Caroline Kisby took place in the beautiful setting of Wisbech Park, with a group of people mainly from the Bowthorpe Centre in Wisbech – an independent day centre for mental health service users. Some of the participants are part of an ongoing art project at the Bowthorpe Centre and are working towards GCSE, AS and A level art. Although the workshops were not directly linked to these qualifications, the work that people produced enhanced their understanding and skills base.

In the second series, Arts and Minds worked with Kettles Yard with a group of young carers from the Huntingdon area and with a group of adults and older people at the Hunts Mind drop-in centre in Ramsey. One of the aims of this project was to introduce the paintings and artefacts from Kettles Yard. Artist Alex Hirtzel worked with the group in the series entitled ‘*Ticket to my Imagination*’ The work created was exhibited in the education room at Kettles Yard during September.

“Music, poetry, dance, drama and the visual arts have always been important to our mental and physical well-being, and collective participation and engagement in the arts is a fundamental element of any civilised society” Rt Hon Alan Johnson. Secretary of State for

Arts & Minds believes that

Participation in the creative arts should be an integral part of all care programmes

Service Users should play a major part in designing and delivering our projects

All opportunities for participation should be effective and evaluated



Art-work in progress on the Artsbus

Our Patrons

Our patrons are very important in the experience, wisdom and expert knowledge they bring to the Charity. Prof Lord Colin Renfrew, Emeritus Professor of Archaeology at the University of Cambridge and Simon McBurney, theatre director and actor, have been patrons since we began.

In the past few months they have been joined by Prof Mike Thorne, Vice Chancellor of the Anglia Ruskin University and Prof German Berrios, emeritus Professor of Psychiatry at the University of Cambridge. Jill Gomez, internationally renowned opera singer, has also become patron of the Michaelhouse Chorale, a joint project between Arts & Minds and Michaelhouse.

Some of the A & M Team Members

We have been indebted to **Tim Wheatley**, our Honorary Treasurer and Honorary Secretary since we were established. He provided expert guidance and support as we sorted out the legalities in getting started as a charity and more recently in the changes involved in getting corporate charity status. He has stepped down from these responsibilities, although thankfully, and with characteristic generosity, he has agreed to continue as a Director. Arts & Minds has hugely benefited from his experience and wisdom and from the considerable time he gave to his responsibilities. Thank you, Tim.

Welcome to **Brian Lanman**, formerly Finance Director with the Mental Health Trust, who has become a Director and Honorary Treasurer.

And to **Monaser Shahzad**, one of our volunteers, who has kindly agreed to take on the role of Honorary Secretary. She has already provided substantial help with the member databases and has taken on the editorship of this newsletter. We are truly fortunate to have such a talented and organised volunteer and Honorary Secretary.

Many of you will know **Kay Goodridge**. As our part-time Development Associate, she has done a tremendous job building relationships and networks, planning, managing and evaluating projects, recruiting artists and volunteers to lead and support them, and raising grant income to enable us to meet our costs.

Our growth has led us to appoint a second part-time colleague, **Caroline Kisby**. Working alongside Kay, she will concentrate especially on Peterborough and Fenland. Many of you may already know Caroline, who has substantial experience working with mental health service users in and around Peterborough. She started with Arts & Minds in August 2008 and is already making an impact - leading our effort to get 'art at the heart' of the new mental health unit at the Edith Cavell Hospital.

A generous grant from the Cambridgeshire and Peterborough NHS Foundation Trust helped fund these positions, and meet costs from some of our other projects.

Thanks to:

Norwich and Peterborough Building Society; the Triangle Trust; The Pye Foundation; XL Services Ltd; The Cambridgeshire Community Foundation; Swan Mountain Trust; Radley Charitable Trust; the ECU Trust; Coutts and Co Charitable Trust; the Baily Thomas Charitable Trust; Arts Development East; ACRE; the Friends of the Phoenix Centre; the Friends of the Princess of Wales Hospital; Awards for All and BBC Children in Need.



Richard Taylor receiving a laptop and projector from Norwich and Peterborough Building Society

If you would like more information, or how to donate to Arts & Minds, please contact:

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