

ARTS AND MINDS – SUMMARY DESCRIPTION

Arts and Minds is a local charity which believes that access to and participation in all forms of the creative and expressive arts are good for people's health and well-being. The charity runs artist-led projects throughout Cambridgeshire and Peterborough for small groups of participants who are vulnerable or at risk, many with a mental illness or learning disability. Projects are often offered in partnership with other local voluntary organisations. Art forms include creative writing and story-telling, painting, pottery, textiles, photography, music and dance. Volunteers work with the artists to support the participants. All our projects are evaluated to ensure their aims are met and the intended benefits achieved.

The charity's work is funded by grants and donations.

More information is available on our web-site at www.artsandminds.org.uk.

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