

**Bristol Beacon, CreativeShift, University of Bristol & Culture West presents**

# **Creative Health in Action**

Fri 18 October 2024

11am - 2.30pm

## **Lower Ground Floor**

### **CreativeShift: Tapestry 11am-2.30pm**

Large textile artwork created by arts on referral group participants from across the city celebrating Bristol Harbourside and what it means to them.

@creativeshiftarts @creativeshift1

### **Voices of Aphasia: Bath Aphasia Choir 11.15am-11.45am**

Community choir for people affected by Aphasia.

@VoicesofAphasia

### **Gerry's Attic Dance: Wave 12.00pm-12.15pm**

Gerry's Attic is a dance theatre performance company for over 55s. Today they will be performing a new piece by Vicki Hearne.

@gerrysattic

### **Super Culture: Open Door Presents 12.30pm-12.45pm**

Ensemble spoken word performance reflecting the participants' thoughts on how their lives are enriched by creativity.

@superculturewsm

### **BDP Creative Communities: Rising Voices Recovery Choir 1pm-1.15pm**

Rising Voices Recovery Choir is a place for people to come together, make friends and be uplifted through the power of song.

@bristoldrugproject

### **Bristol Beacon: Pulse 1.45pm-2.15pm**

Pulse is a music and movement on referral group for adults in Southmead. Come watch a bit of what we do!

@bristol\_beacon @bristolbeacon



## Kennedy Room, Lower Ground Floor (all events 11am - 2.30pm)

### **CreativeShift: Wellbeing Wall**

A wall of decoupage mirrors created by participants from all our arts on referral groups in response to the question "what makes you feel good?".

@creativeshiftarts @creativeshift1

### **Bristol, North Somerset & South Gloucestershire NHS Integrated Care Board: Together we are BNSSG**

A collaboration with Bristol artist, Keyane Allmar, celebrating the diverse communities and services provided by the NHS in our area.

@bnssg\_icb @key.tography @BNSSGICB

### **The Nelson Trust: The Nelson Trust Bristol Women's Centre Health and Arts Group**

Our health and arts group at The Nelson Trust, explores reconnection, to nature and our local communities, through the lens of art and photography. The Nelson Trust is a UK charity dedicated to supporting those affected by substance use and multiple unmet needs.

@thenelsontrust @The Nelson Trust @TheNelsonTrust

### **Lockleaze Neighbourhood Trust: October Art Project**

Taught by local resident artist and creatives, these pieces are created by the LNT Art for Wellbeing group.

@lockleazeneighbourhoodtrust @lockleazehub @thehublockleaze

### **Chalkblack & Soultrail Wellbeing: Women in Nature**

Gallery exhibition showing images from Women in Nature programme - an art and nature connection programme with refugee/women of global majority.

@chalkblack\_jo @soultrailwellbeing www.chalkblack.com

## Sound Lounge, Ground Floor

### **Writing 4 Wellbeing with Agata Palmer 11.45am-12pm**

Writing 4 Wellbeing in Nature offers workshops blending mindfulness, nature, poetry prompts, and relaxation techniques to nurture creativity.

@agatapalmer

### **Creative Health at West of England Music and Arts (WEMA): Sound in Nature 12.15pm-12.30pm**

Sound in Nature - we will play our recorded soundscape and then invite you to listen & join our music.

@WEMA @WEMAmusicarts @WestofEnglandMusicandArts

### **Creative Health Human Library: True stories of Creative Health 12.30pm-12.45pm & 1.30pm-1.45pm**

Sign up to chat to a human book! Hear their stories and experiences of how creativity has affected health and wellbeing.

### **Bristol Bones and Joints Health Integration Team: Bristol Bones and Joints music and movement project 1.15pm-1.30pm**

Join our fun session that was co-designed with people living with joint pain and is supported by a physiotherapist.

@BristolHealthP

## Stalls Bar, Level 1 (all events 11am - 2.30pm)

### **Super Culture**

Super Culture was launched in August 2023 – bringing together two of North Somerset's arts flagships, award winning organisation Theatre Orchard and Culture Weston.

@superculture

### **Alive Activities: Tabletop Travels**

Research-driven, multi-sensory, interactive travel boxes. Designed with and for older adults facing barriers to leaving the home.

@aliveactivities

### **Recycle City**

The Recycle City Project is about designing and visioning a positive and inclusive city for the future. Ask us if you'd like to try an activity pack.

@Recyclecity\_futures @stand\_and\_stare

### **VSCE Alliance: Spencer Blackwell**

A network of Voluntary, Community and Social Enterprise organisations, working collaboratively with the health and social care system at a strategic level to shape activities and services for the communities they serve.

### **Soundwell Music Therapy**

Music therapy charity. You can also hear, 'Where life is kind' written by a women's group in Bristol playing at intervals throughout the event.

@SoundwellMTT @soundwell\_mtt

### **Creative Escape: Creative Being**

Creative Being. This programme is about process, having time to be creative and free-flowing in mind.

@hellocreativeescape @activebeing1

### **Bristol School of Art, SGS College / Art & Nature for Wellbeing**

We offer adult courses onsite and in the community, focusing on Creativity for Wellbeing and progression into Art Education.

@bristol.schoolofart

### **Writing 4 Wellbeing**

Writing 4 Wellbeing in Nature offers workshops blending mindfulness, nature, poetry prompts, and relaxation techniques to nurture creativity.

@agatapalmer

### **Culture Health & Wellbeing Alliance: RIRO (Reach In and Reach Out)**

'Reach In Reach Out' (RIRO) was a creative volunteering and wellbeing project that brought together young people, artists, creative producers, and researchers across four sites and seven organisations in the West of England from 2022-2024.

### **Redcatch Community Garden**

Fostering social connection and wellbeing for the whole community through gardening, exercise, cookery, healthy food and art therapy.

@Redcatch Community Garden

### **Trinity Centre**

Trinity's mission is to empower communities through providing a diverse programme of arts, heritage and cultural projects. Respond, Empower, Amplify.

@bristoltrinity @Trinity Centre



**Wellspring Settlement**

The 'Health Inequalities in Inner City East Bristol: Community Strength in Challenging Times' creative research report.  
@wellspringsettlement

**Creative Health at West of England Music and Arts (WEMA)**

The Music and Cultural Education Hub for Bath and North East Somerset, North Somerset and South Gloucestershire.  
@WEMA @WEMAmusicarts @WestofEnglandMusicandArts

**Bristol Drugs Project**

Our Creative Communities are bringing adults together through creativity to help support their recovery.  
@bristoldrugsproject

**CreativeShift: Bristol Creative Health Ecosystem**

Bristol health, community, arts and culture partners work in collaboration to create a thriving ecosystem where the arts support health.  
@creativeshiftarts @creativeshift1

**Bristol Beacon**

Bristol Beacon is a music charity, renowned venue and award-winning music education hub. With a city-wide programme of live music, creative learning opportunities and community engagement, we're here to help make space for music every day, with everyone.  
@Bristol\_Beacon @BristolBeacon

**Beth Calverley: Poetry Machine**

Beth Calverley, Poet in Residence at UHBW NHS, will ask questions, listen carefully and create a typewritten poem with you.  
@poetrymachine

**Terrace Bar, Level 3 (all events 11am - 2.30pm)**

**CreativeShift: Postcard to yourself - what supports your health and wellbeing?**

CreativeShift invite you to create a collage postcard reflecting on what supports your own health and wellbeing.  
@creativeshiftarts @creativeshift1

**Jess Baum and CreativeShift: Play with clay and have your say: What are the active ingredients needed for people to have positive creative health experiences?**

Contribute to a collaborative clay artwork reflecting on what you feel influences positive outcomes of creative health experiences.  
@jess\_baum\_jess @creativeshiftarts @creativeshift1

**Connecting Through Culture as we Age: Expressive Pockets**

Embellishing fabrics as a medium to express identity as we age; sharing life stories through making.  
@helenmanchester

**University of Bristol: Connecting Through Culture as we Age**

University of Bristol team: co-produced research on creative ageing with 20 disabled, racially and/or socio-economically minoritised older adults.

@ctcasweage @helenmanchester

**Bristol City Council Arts and Culture Development Team**

Bristol City Council's Arts Development Team invite you to come and share your thoughts and aspirations for Creative Health in the city.

@brisarts\_events @bristolartsdevelopment

**Meeting Room 2 - Level 1 (Films & Talks)**

**University of Bristol, UWE and NHS Gloucestershire Talk: Outcomes and Evidence of Interventions (Helen Manchester) 1pm-1.30pm**

Join Helen Manchester UoB, Hannah Gorf NHS Glos & Nicola Holt UWE, as they discuss the evidence and impact outcomes of Creative Health interventions.

@creativepsyche

**University of Bristol: Connecting Through Culture as we Age - Prototype Projects (Nick Gray)**

Digital innovation for Healthy Ageing - six prototype cultural experiences designed with and for older people.

@ctcasweage

**University of Bristol: Sharing Joy - We're Here**

A selection of films made by older people in workshops.

@ctcasweage

**University Hospitals Bristol and Weston NHS Foundation Trust (UHBW): Musicians in Residence**

A short film highlighting the impact of the Musicians in Residence programme at UHBW NHS Trust. Funded by Bristol & Weston Hospitals Charity. UHBW Arts and Culture improves the look and feel of our ten hospitals and provides creative wellbeing opportunities for staff and patients. Filmed by Louise Taylor and Tamsin Elliott and edited by Tamsin Elliott.

@artsuhbw

**WEMA: Sound in Nature**

The film shows our Sound in Nature group getting inspiration from the outdoors: you can hear their sounds and music. Thank you to our Sound In Nature group participants! Thanks also Laura & Emmanuel for the sessions and to Catherine Sama and Kingsmeadow@MadeForever for hosting us and Ricardo Ventura for the film!

@WEMA @WEMAmusicarts @WestofEnglandMusicandArts

**Soundwell Music Therapy**

A film about Soundwell Music Therapy, featuring 2 ex-clients talking about their experiences of the service.

@soundwell\_mtt

**Lockleaze Neighbourhood Trust**

A film highlighting the impact of performing art.

@lockleazeneighbourhoodtrust @lockleazehub @thehublockleaze