

ARTS & HEALTH HUB



Information on what the 'Artists' Peer to Peer Mental Health Group' sessions are about, for artists with lived experience of mental health

This is an Easy Read resource
to learn more detail



CONTENTS PAGE

What are the Artists' Peer to Peer
Mental Health Group sessions?

3

Information on the sessions

8

Frequently Asked Questions (FAQ's)

11

Questions from the online form, for
when you apply for the opportunity

19

Contact and website information

21

WHAT ARE ARTISTS' PEER TO PEER MENTAL HEALTH GROUP SESSIONS?

This opportunity is for artists with mild mental health challenges who have a participatory arts practice, to take part in Artists' Peer to Peer Mental Health Group sessions over a 6-month period. There will be talking as well as some simple creative activities.

It will be a space to share practical challenges about being an artist with mild mental health challenges. You may be able to get solutions/ideas to try out from others in the group.

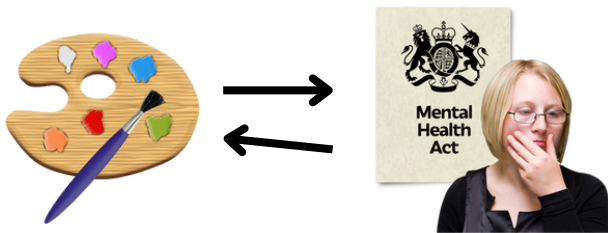
One group will run in-person in London, one group will run in-person in Manchester, and one will run online on Zoom.

Please read on to learn more about the Artists' Peer to Peer Mental Health Group sessions, and how you can apply online to be involved.

WHAT ARE THE PEER TO PEER MENTAL HEALTH GROUP SESSIONS?



This opportunity is supporting artists with mild mental health challenges. See page 13 to understand what we mean by this.



The aim of the sessions are to think about how your art practice might affect your mental health, and how your mental health might affect your art practice.

The sessions will be a mixture of chatting to each other, and peer to peer support.

By peer-to-peer we mean being in the sessions alongside other artists who are in similar situations to each other, both in terms of their lived experiences with mental health, and in terms of the kind of art practice they have.



WHAT ARE THE PEER TO PEER MENTAL HEALTH GROUP SESSIONS?



The sessions will also include simple creative activities (like drawing or creative writing) around a theme that has been chosen for that week, e.g. around 'boundaries' or 'care'.



You need to have a participatory arts practice – this means an art practice that involves working with others in some way.

This could be leading workshops with community groups or in hospitals, or working with others to make art for an exhibition.

Each session will have a theme. This is so that you can work through any difficulties or issues you may face relating to that theme, whilst making and chatting at the same time. You can be given the themes in advance of the next session, if that helps you.



WHAT ARE THE PEER TO PEER MENTAL HEALTH GROUP SESSIONS?

Let's share ideas?



The sessions are facilitated and structured by a facilitator and therapist, but there is time to speak up and offer support to one another.



In London the artist/facilitator will be Daniel Regan (left image). The Psychotherapist will be Jessica Mitchell.



In Manchester the artist/facilitator will be Jennifer Gilbert (left image). The Art Therapist will be Sangita Mistry.



For the Zoom online sessions the artist/facilitator will be Daniel Regan (left image). The Art Therapist will be Roshmi Lovatt.



WHAT ARE ARTISTS' PEER TO PEER MENTAL HEALTH GROUP SESSIONS?

Have you thought about saying no?

Yes, but will they never ask me again?

You need to be open to supportive feedback from facilitators and your peers, and not let this affect your mental health. This is not a personal therapy session.

I find it difficult to set boundaries with others

The importance on these sessions is peer to peer support offered to one another in the group. Each artist will offer the sharing of ideas/knowledge, and of support to others, in turn hopefully benefitting everyone in the sessions. Being open and honest is best.



INFORMATION ON THE SESSIONS



X 8

The sessions will be for a maximum of 8 artists to take part.



+



The sessions are 2.5 hours long. Please see the website for the time of day for the sessions you want to join.



They will be held once a month for 6 months, starting in September 2024.



6 SESSIONS

You should be able to come to ALL 6 sessions if you sign up – it will be the same artists each time.



There will be in-person sessions in London at Queer Circle near to North Greenwich tube station, open to London based artists.

INFORMATION ON THE SESSIONS



There will be in-person sessions in Manchester at 42nd Street, open to Greater Manchester based artists that are able to make their own way to the sessions.



There will be online sessions, on Zoom, for anyone living in the UK to apply to.

Questions

1. What do you think about it?

Good

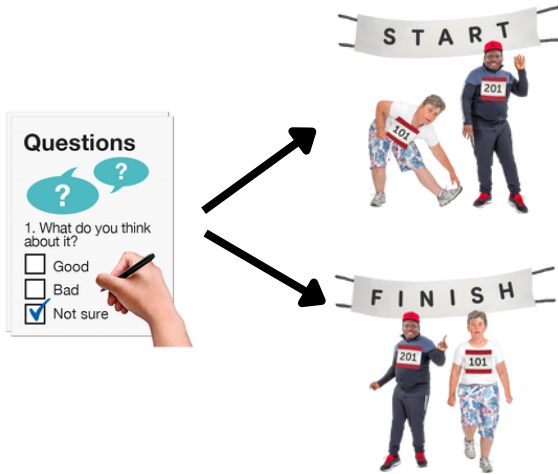
Bad

Not sure

You will be asked to fill in simple questionnaires for the project.

By this we mean answering a set of questions on a form, that helps the team for when they are planning the sessions in the future.

INFORMATION ON THE SESSIONS



One short questionnaire will be sent at the start, and one will be sent at the end of the programme.



You can send a video or audio file with the responses, if this is easier for you.

FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 1: I live outside of Manchester or London - can I still take part in those sessions?

The London and Manchester sessions are only available to artists living in or near to those areas, and who can easily travel to the venues.

If you live outside those areas, you can apply to be part of the Zoom online group, which is for anyone in the UK.

LONDON SESSIONS



MANCHESTER SESSIONS



ONLINE SESSIONS



FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 2: Do I need to have a certain amount of experience to apply?

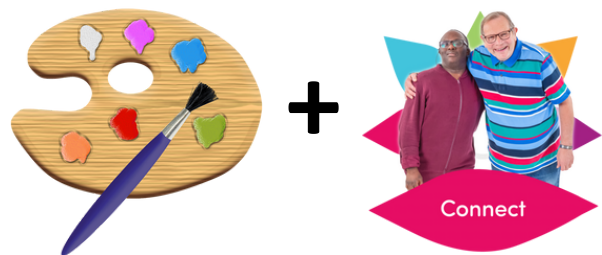
This opportunity is open to people with different experiences.

The groups are selected to ensure that there are a mix of people from a range of both creative backgrounds, and life experiences.

If you would like to talk to us about whether these sessions are right for you, please email Daniel on: info@artsandhealthhub.org



Your arts practice is:



QUESTION 3: Can you offer me 1-2-1 support?

No - this programme is for group peer to peer mental health support.



FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 4: What do you mean by mild mental health challenges?

We want you, and everyone else in the group, to feel comfortable and safe in what they share and discuss when you are in the sessions.

We cannot support people that are actively experiencing a crisis and would be better suited to clinical support.

These sessions are not to be used instead of therapy or clinical support. These sessions are to talk about your mental health in relation to your creative practice.

Issues may be discussed in the sessions that may trigger you or make you feel a certain way. (Please make the facilitator aware of this at the time.)

Therefore, these sessions are only for people who can look after themselves in this situation, should something happen.



FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 5: Can I get professional support in relation to my arts practice in these sessions?

No - this programme is for those with mild mental health challenges in relation to their creative practice and the effect each has on the other.

We are also running professional development groups which are more suitable for this - see the Easy Read document for those sessions instead, on the same page you found this one.

QUESTION 6: Will I need to bring art materials to the sessions?

For those attending sessions in-person, simple art materials will be provided.

For those attending session online, the activities are designed to be as accessible as possible, but your own access to materials like pens/pencils, paper etc will be useful.



Image credit: Jennie Maizels

FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 7: Can I use a different way to submit my information for this opportunity?

There is a simple online form to go through for this opportunity, which can be found on the website:

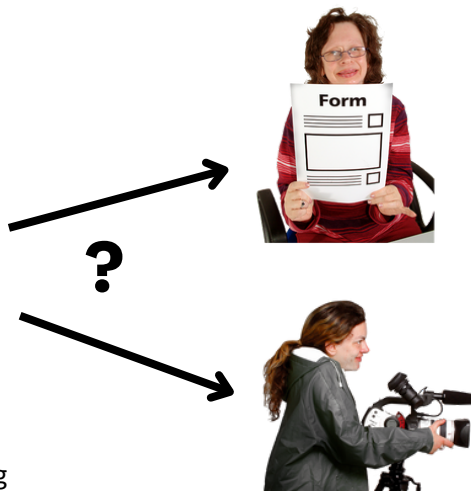
<http://artsandhealthhub.org/opportunities/>



If you are unable to complete the online form, please email us to discuss this, so that we can help you to send us your information in a different way that more suited to your needs: info@artsandhealthhub.org. By this we mean you could send an audio or video file, where you answer the same questions but in a way better suited to your needs.



info@artsandhealthhub.org



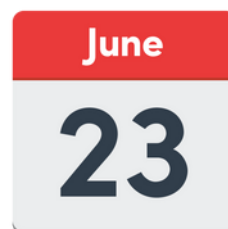
FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 8: Is there help available for the application process?

Please email info@artsandhealthhub.org if you want to discuss this further. There will be some short support sessions with Jennifer, that you can book into for support. They are 30 minutes long. There is also a small access budget available that can be used, if needed.

QUESTION 9: What is the deadline for the application forms to be submitted online?

The deadline is 5pm on Friday 23 June 2024.



QUESTION 10: When will we hear if we have been selected, and can I get feedback if I am not selected?

We will let everyone know if they have been selected or not. This will be by 5pm on Friday 26 July 2024.

Due to our small team who work part-time, we are unable to provide feedback if you are not selected.



FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 11: How will selections be made?

We know that we will receive more applications than we are able to offer places for. Three people will be making the selections - see below.

Each group will be selected making sure we look at the: different levels of experiences, different genders (male/female/etc), different ages, etc.

The selectors:



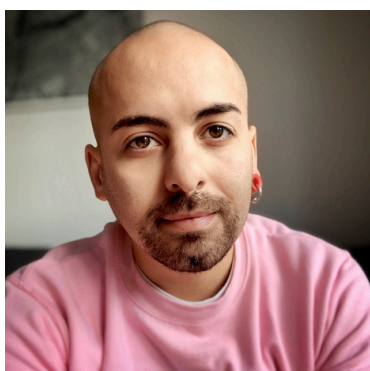
Mariama Attah

Photography Curator at National Portrait Gallery & independent curator & writer



Jennifer Gilbert

Jennifer Lauren Gallery Director and Freelance Producer



Daniel Regan

Artist, Founder & Creative Lead at Arts & Health Hub

FREQUENTLY ASKED QUESTIONS (FAQ's)

For anything else

If you have any other questions, please email Daniel Regan on: info@artsandhealthhub.org

We will try to get back to you within five working days of receiving the email.



info@artsandhealthhub.org



On the next page we are sharing the questions from the simple online form.

It may be easier for you to answer these in a word document first and then transfer them to the online form from there.

Please ask a friend, family member or support worker for help if/when needed.

QUESTIONS FROM THE ONLINE FORM: THESE ARE HERE FOR REFERENCE ONLY

Personal Information

Name:

Artist name (if different to the above):

Preferred pronouns (e.g., she/her):

Email address:

Mobile number:

Postcode:

About your work

- Please let us know a bit about who you are and your arts practice, including your participatory arts practice – i.e., working with others (maximum 300 words including spaces)
- How do you hope these sessions might support you with your mental health in relation to your arts practice? (maximum 200 words including spaces)
- Please let us know a bit about your lived experience of mental health difficulties (max 300 words including spaces)
- Website (if you have one)
- Social media (Instagram/Facebook/Twitter handles)
- Please upload 3 images/files if you do not have a website
- Do you recognise these sessions are not a form of clinical treatment? (yes/no)
- Please confirm that you are available for all six sessions – these are listed on the online form (yes/no)
- Do you have any access or communication needs that we need to consider, both within the sessions themselves, and in the way we share information with you? (yes/no)

QUESTIONS FROM THE ONLINE FORM: THESE ARE HERE FOR REFERENCE ONLY

If yes, please let us know the best ways we can support you, and we will do our best within our capacity and with our limited resources to help you. As a reminder note, this project is run by two freelance staff: Daniel and Jennifer.

Note on access: If selected and you have an Access Rider it would be great to receive this. An Access Rider states the best ways for others to work with you, and the best ways for us to communicate with you throughout the whole time.

- Do you have any worries or concerns about this programme? Please share them or email the team to discuss.

Demographic Information

This information just helps us to understand the range of different people that are applying for this opportunity

- What is your age? (you choose an age-range from a drop-down list)
- Do you consider yourself to be on a low income? (there is a tick box list to choose from)
- Where are you located? (you choose an area from a drop-down list)
- How best describes your art education? (there is a tick box list to choose from)
- What is your ethnic group? (there is a tick box list to choose from)
- Which of the following best describes your sexual orientation? (there is a tick box list to choose from)
- How would you describe your gender? (there is a tick box list to choose from)
- Do you consider yourself to have a disability? (there is a tick box list to choose from)

CONTACT US

If you have any further questions, or want to read more about this project online, please visit the website, or contact Daniel Regan via the below:



www.artsandhealthhub.org



Daniel's email:
info@artsandhealthhub.org



Please remember Daniel works part time for the Arts and Health Hub. It may take him up to 5 days to get back to you over email.