

ARTS & HEALTH HUB



Information on
what the 'Arts and Health Hub' is
and what the 'Support Hub' is

This is an Easy Read resource
to share more on each Hub



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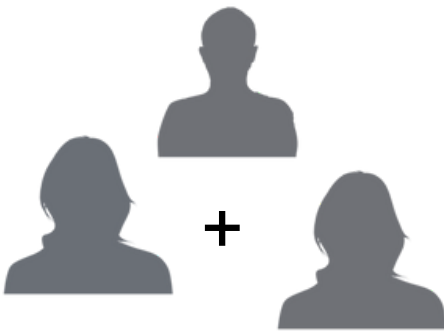
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ABOUT THE ARTS AND HEALTH HUB

What is?



The Arts and Health Hub is a 'not for profit' organisation that supports artists that are exploring health and wellbeing in their creative practice. 'Not for profit' means the organisation is helping others and not making money.



It is run by 3 people who work in arts based jobs.



Pictured here is Daniel Regan. He is the main point of contact. He is an artist, and the Founder & Creative Lead at Arts & Health Hub. This means he runs the organisation.



The Arts and Health Hub is based in London, England.

ABOUT THE SUPPORT HUB



The Support Hub is just one of the projects that the Arts and Health Hub runs.



The Support Hub has received funding for a 3-year project supporting artists working within the arts and health fields.

This will run from 2023-2026.



It is funded by Arts Council England, the Baring Foundation and Greater London Authority Funding.



Four different opportunities will be available through the Support Hub over the next 3 years.

See the next pages for a short description of each one.

OPPORTUNITIES THROUGH SUPPORT HUB

We have produced Easy Read guides for each of the opportunities listed below, which explains them in a lot more detail - please look at them.

Each opportunity will run in-person in London and in Manchester, as well as being able to take part online on Zoom.

Opportunity 1

Artists' Peer to Peer Mental Health Group

The aim of these sessions is to support artists with mild mental health challenges to talk about their mental health in relation to their creative practices.

This is done through creative activities, conversations, and providing support for each other.

Opportunity 2

Peer to Peer Professional Development Groups

The aim of these sessions is to support both the development of your artwork and of yourself. This is done through sharing your artwork, having discussions and learning from each other.

OPPORTUNITIES THROUGH SUPPORT HUB

Opportunity 3

Reflective Supervision

The aim of these sessions are for you to personally and professionally learn new skills and ideas that can help you with your participatory and/or socially engaged work - often done through discussions.

These sessions are helpful for people working in difficult and/or stressful environments. This includes hospitals, care homes, prisons, hospices and other health and community settings.

Opportunity 4

1-2-1 Mentoring for Early Career Artists

This opportunity is for early career artists exploring health and wellbeing in their art practice to receive one-to-one mentoring over a six-month period. Artists need to be in their first 5 combined years of practice.

Mentoring is when someone shares their different skills, experiences, and knowledge with another person to support their professional growth.

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.