



Photos by: Matt Radcliffe



**Everybody Arts, Shaw Lane,  
Halifax, England, HX3 9ET**



**[EVERYBODY ARTS](#)**

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ARTS**

## **A BIT ABOUT EVERYBODY ARTS AND THE ARTS FOR WELLBEING PROGRAMME**

Everybody Arts is an **arts and education charity that uses art to transform people's lives for the better**. Fostering a genuinely inclusive and accessible approach to the arts, Everybody Arts has been **a guiding beacon for creativity and wellbeing work in Calderdale since 2010**. Through a wide range of artist-led activities, Everybody Arts has **delivered more than 30 projects, engaging 1000's of people directly and indirectly**.

Everybody Arts has played a pivotal role in fostering vital **cross-sector partnerships and pathways between culture, health, and education, benefiting underserved and harder-to-engage communities**. Strong creative health partnerships have also been established with **funding partners like Creative Minds and South West Yorkshire Partnership Foundation Trust**, as well as newer relationships with the **Pilgrim Trust, The Baring Foundation and Calderdale's Integrated Care Board**, all of which **contribute to the delivery and sustainability of the work**.

*"Our time, space and resources are dedicated to supporting artistic development and community imagination, enabling people to exercise their creativity for greater wellbeing. We value empathy, joy and collaboration; ensuring people can explore their full potential, discover new perspectives, and develop resilience through our projects".*

*-Lauren Iredale, Everybody Arts*

The **Art for Wellbeing programme demonstrates Everybody Arts' leadership in creative health**, encompassing several strategic initiatives and direct delivery projects. Everybody Arts have led on strategic cross-sector partnerships such as **Thriving Communities**, developed resources for **Wellbeing at the Weekend, CC4US and the Create & Bloom app** and established networks such as the **Creativity for Wellbeing network**. They have delivered training programmes, including **New Creatives and Creative Care**, and provided thousands of hours of direct delivery through initiatives such as **Access Funds** and **Peer Group**.

**In 2017 Art for Wellbeing earned Everybody Arts the patronage of Sir Quentin Blake. who said;**

**“ Over the years, I have come to learn the power of drawing and the surprising effect it can have: on morale, judgement, mental health and our general wellbeing.**

**Many people are not aware of this, but Everybody Arts wonderfully does, and is brilliant at putting the knowledge into action for the benefit of everybody. It's a privilege to be associated with such an energetic and inspiring institution. ”**

**- Sir Quentin Blake CBE, Patron of Everybody Arts 2017**

## HOW WAS THE PROJECT FUNDED?

Everybody Arts projects are funded via several revenue-generating routes, including **private donations as well as self-funded and grant-funded delivery models**. Local cross-sector partnerships, maintaining stakeholder and beneficiary relationships, coproduction and feedback are vital to the success and continuation of this work.

**“** *This work could not have been possible without several key delivery and funding partnerships. First and foremost Creative Minds, who have trusted and supported our work year on year, and the many freelancers we have collaborated with over the years. We have also been funded by South West Yorkshire Partnership NHS Foundation Trust, the National Academy of Social Prescribing, Calderdale Community Foundation, Calderdale Integrated Care Board and formally Calderdale's Clinical Commissioning Group, Healthy Minds, Re-think Mental Illness, The Recovery College, The WEA, Huddersfield University, The Baring Foundation and the Pilgrim Trust to deliver our creative health work.* **”**

## WHAT ASPECTS OF HEALTH DOES THE WORK OF EVERYBODY ARTS ADDRESS?

Everybody Arts projects address **mental health, physical health, disability, health inequalities, health prevention and social isolation**.

## WHO ARE THE BENEFICIARIES OF THE PROJECT?

**Everybody Arts is for everybody**. Their programme of work covers projects and activities for **all ages and abilities**.

## HOW DO YOU DEMONSTRATE IMPACT AND SUCCESS?

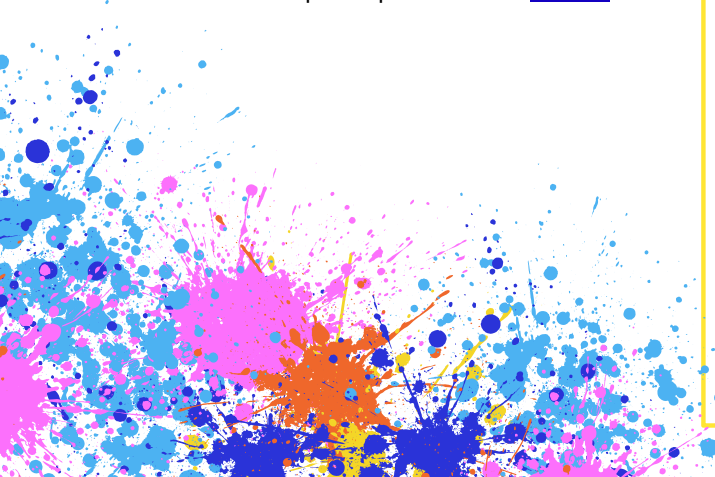
The **Creative Care project**, a collaboration between Everybody Arts and South West Yorkshire NHS Foundation Trust, which **integrated creativity into inpatient care, recently featured in the British Medical Journal (BMJ)**. The publication demonstrates the **measurable impact of creativity in mental health wards through participatory work with artists, musicians, and writers, fostering engagement among both patients and staff**.

The publication highlights how the **integration of a creative approach led to a significant reduction in incidents of violence and aggression, resulting in a lower need for restrictive practices, while maintaining recovery rates**. Importantly, incidents of violence/aggression and restrictive practices **remained the same in wards where no creative activity took place**. Findings from the project also **support the creative approach to recovery, showing that patients stayed for shorter periods, compared to other inpatient admissions, when a creative approach was integrated within their ward**. During the project, creative practitioners delivered **300 hours of activities per week across 13 wards, creating a safer and more positive environment for patients and staff**.

Recognised with the South West Yorkshire Partnership NHS Foundation Trust **Best Partner Excellence Award, Creative Care highlights how creativity enhances well-being, strengthens communities, and improves hospital culture**.

You can read the complete publication [HERE](#).

**“** *This project shows that offering creative activities isn't just a "nice to have" – it can actively make hospitals safer and help patients and staff feel better. Art, music, and creativity gave patients new ways to express themselves, built a sense of community, and likely reduced the frustration and boredom that sometimes lead to incidents of aggression.* **”**



## WHAT KEY LEARNINGS HAVE EMERGED FROM THE PROJECT AND HOW ARE THESE INFORMING YOUR PRACTICE?

Everybody Arts have **navigated several shifts in the funding landscape**, changes in attitude and perception, as well as the burden of evidencing requirements for creative health. **As the creative health landscape has expanded and strengthened, the impact of their work remains unchanged.**

**“In our experience there has never been a better time to be developing work in the creative health landscape”.**

Everybody Arts continues to **advocate a vision of providing people with lived experience of mental ill health opportunities to engage with high-quality arts provision**, leading to marked improvements in participants' mental health and wellbeing. Practitioners at Everybody Arts have seen, first hand, **the power of Arts and creativity**, even in the face of an evolving creative landscape when creative health **continues to grapple for validity among health and arts funders**, **the powerful and profound experiences of participants** gave Everybody Arts the **motivation to adapt, innovate and seek out novel ways to continue to deliver this vital work.**

## HOW IS EVERYBODY ARTS ENSURING LONG TERM SUSTAINABILITY?

Art for wellbeing projects and **programmes at Everybody Art are constantly evolving** with new funding and delivery partners. The research team at **SWYFPT is recommending that Creative Care become a permanent part of mental health provision.** They also plan to develop a **guide to help other hospitals bring creative activities onto their wards and to understand, through research, when and how these activities work best.**

## HOW HAS THE PROJECT MADE A DIFFERENCE TO PEOPLE'S WELLBEING?

**All participants** in Art for Wellbeing programmes report an **increased sense of well-being, confidence, and are less stressed, depressed, and better able to cope and manage their lives.** Data collected by Creative Minds has provided evidence to demonstrate that **creativity is a proven and cost-effective route to mental health recovery.**

**Each person has their own unique story of success to tell**, with benefits ranging from being able to leave the house, organising and taking pleasure in life events, volunteering, returning to work, starting a new career path, returning to and starting formal education at FE, BA and MA level. **Everybody arts and their projects have even been credited, on more than one occasion, with saving a person's life.**

***“Thank you to ‘Art for Wellbeing’ at Everybody Arts for my creative experience. Im now rebuilding my life after a very severe mental breakdown. Being creative has helped me a lot towards healing my mind. When I lose myself in doing a drawing it frees my mind from depression and psychotic thoughts of self harm. Being around the other people on the 10 lessons course has helped me to gain confidence and integrate me back into the community. I hope more people can go to ‘Art for Wellbeing’ and gain some confidence with other people and wellness in their minds.”***

**- Access fund recipient 2015**

***“Everybody Arts has had a major positive impact on my wellbeing for the following reasons: - I have something to do that I care very much about that I can immerse myself in freeing up any negative thoughts - It has allowed me to connect with and on occasion deal with my emotions - Allowed me to reach into unconscious parts of my mind and express these thoughts through my art - Increased my confidence not just with my artwork but also interaction with others - The support from the directors and others at Everybody Arts is priceless In conclusion without Everybody Arts “I would be a lot more ‘screwed up’ and possibly no longer living and would be missing the opportunity available to me that gives me the most happiness in my life”***

**- Art for Wellbeing programme participant 2014**



## FUTURE PROJECTS...

**Bloom** is an innovative, creative health project that aims to support wellbeing and improve career opportunities for young women in Calderdale. Delivered in partnership with Creative Minds and the South West Yorkshire Partnership Foundation Trust, the training and mentorship programme will help participants build a career in the cultural health sector while supporting their wellbeing along the way.

Building on the success of Everybody Arts' programmes, Bloom will offer support to three women transitioning from children's to adult social and health services in Calderdale. Through a range of training, mentoring, and work placement opportunities, the programme will help build confidence and establish good self-care practices. With an offer of a real living wage, participants will be enabled to focus on learning and self-management without financial burden.

Young women in Calderdale face significant mental health challenges, and Bloom is here to make a real difference. Statistics show that about 25% of young women aged 16-25 report symptoms of common mental disorders such as anxiety and depression, and a growing number of girls and young women are being supported by Calderdale's Children and Adolescent Mental Health Services. Over the next three years, Bloom is expected to support over 300 young women, who will receive hands-on experience in creative health careers while also developing the tools to maintain and manage their wellbeing throughout their personal and professional lives.

Delivered by an all-female team of artist-educators, mentors, and counsellors, and informed by the experiences of young women, the Bloom programme seeks to remove some of these barriers and provide a safe and supportive environment for those taking part.

“The New Creatives traineeship allows me to embrace my identity as an artist with a long-term health condition and depression. I often feel pressure to hide these aspects to conform to mainstream art. This traineeship lets me explore my artistic expression true to who I am.”



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