

THE HOPE COLLECTIVE

South West Yorkshire Partnership
Foundation NHS Trust & The National
Poetry Centre



National
Poetry Centre



THE HOPE COLLECTIVE. AN EXPLORATION OF JOY, HOPE, LIGHT AND MEANING
THROUGH POETRY IN A MENTAL HEALTH HOSPITAL: A BRIEF REPORT



South West
Yorkshire Partnership
NHS Foundation Trust

WHAT IS THE POETRY COLLECTIVE PROJECT ABOUT?

Mental ill health lowers the quality of life, as well as costing health and social care services an estimated £156 billion pounds per annum, [almost double the NHS budget](#). Through this work, the ambition is to develop a Hope Collective movement enabling other healthcare organisations and communities to take on the challenge.

The Hope Collective is an initial project developed to reimagine mental health care across the life course. This project was developed by the Research and Development team at [South West Yorkshire Partnership NHS Foundation Trust](#), in collaboration with the [National Poetry Centre](#) and explored whether NHS staff, stakeholders and patients would be willing to submit poems about [joy, hope, light and meaning](#).

Inspiring other healthcare organisations and communities to get involved in the *Hope Collective Movement* will give voice to the unspoken and unheard – creating legacy through advocacy.

WHAT ASPECTS OF HEALTH DOES THE PROJECT ADDRESS?

The Poetry Collective addresses [mental health](#), [physical health](#), [health inequalities](#), [health prevention](#) and [social isolation](#).

WHO ARE THE BENEFICIARIES OF THE PROJECT?

NHS Staff, service users and stakeholders - of all backgrounds, ages, culture and identity.

HOW DO YOU DEMONSTRATE IMPACT AND SUCCESS?

Hope Collective have recently published a paper in The Journal of Journal Of Poetry Therapy and will be publishing a [Hope Collective Anthology](#) of the 88 poems selected to be included in the first book as part of this initial project.

You can access the publication [HERE](#)

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

The project provides an opportunity to explore feelings around [hope, joy, meaning, and light](#). Respondents can connect with and share with others how they feel, and [explore feelings of grief and sadness using poetry](#). Participants felt [more positive after responding to the Hope Collective](#).

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

That [people are willing to share poems](#). Poetry may make people feel more positive and provide an opportunity for the creation of advocacy and legacy - although more research is required to explore the how, what, why and when this occurs and for whom.

HOW IS THE INITIATIVE ENSURING LONG TERM SUSTAINABILITY?

We are developing a research project focusing on poetry as a [means of improving mental health and wellbeing](#).

A SHORT VIDEO HAS BEEN DEVELOPED
ABOUT THE HOPE COLLECTIVE.

YOU CAN VIEW IT VIA YOUTUBE [HERE](#)



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