

Creative Recovery

Information for referrers

What is Creative Recovery in a nutshell?

Creative Recovery is a community of people who use creativity to bring about social change, grow community spirit and boost well-being and recovery in Barnsley. We are a small grass roots charity with 10 years' experience working across mental health and drug and alcohol recovery. We develop and deliver our own projects as well as working within health services, prisons and in the community using art, music, drama and creative writing. We're also known for street-based happenings which enable us to share positive messages about recovery and make new connections. Our core team of artists and project leaders are vetted and experienced 'arts for health' practitioners who work within in a person centred way to create safe and inspiring spaces.

Where are we based?

We have a town centre space at Temperance House on Pitt Street that houses the majority of our weekly therapeutic groups. There's an art studio and a large creative hub (the latter of which can be booked by other organisations for meetings and groups). If you are visiting or referring someone and either of you require disabled access please get in touch before coming. We also have 2 choirs that meet in the community. The majority of our projects are free although we suggest a £2 donation for the UPLIFT Choir and the Live Arts Café. This all goes back into the running of the project.

Do we work in partnership with other organisations?

We work in partnership with a number of health and cultural organisations and venues. We are always keen to develop new work and partnerships, particularly in response to issues and needs as they arise.

Who can join? How can people be referred?

Anyone who has mental health needs can self-refer. If someone needs support to attend they may come along with a carer, health professional or friend. If it would be helpful to meet for an initial visit while it is quiet that can be arranged. Call Helen on 078 3393 6019 to arrange and feel free to pass this number onto someone who may like to self-refer.

You don't have to have creative skills to get involved. Sometimes people who don't consider themselves to be creative find they have unexpected potential doing something that they'd never considered.

What kind of support do we offer?

We offer informal and peer support. Core staff are experienced at supporting people and signposting on when required, although the main focus of our work is the therapeutic benefits of the activities we facilitate. The Live Arts Café and the UPLIFT choir are well-being focused and are open to people who don't have a formal diagnosis but may benefit from social contact. The Live Arts Café is the central hub of our community and can be a good place for someone new to dip their toe.



What do people say about being part of Creative Recovery?

'There is no question about it, this work doesn't improve lives, it saves lives'

'I was in a dark place, I now feel I have a future'

'Creative Recovery has rescued me from the isolation in my own head'

What have we been creating?

We love a big project, something to challenge us and see what's really possible when we pull together. The positive outcomes in terms of individual recovery following the completion of a large project are 'off the scale'. We are also keen to use these more public interventions as a way of challenging some of the stigma our community face and changing the script about Mental Health.

In 2018 we were commissioned to create a 2,700 metre square piece of land art on top of a car park. In 2017 we created 'The Spaces Between' showcase, a huge undertaking including 40 pieces including performances, murals, pop-up exhibitions and installations. 'The Next Big Thing' will be equally ambitious! We are interested in hearing from people interested song writing and performing as well as those who'd like to collaborate on large art pieces.

Do people move on after Creative Recovery?

We are committed to supporting people to move on and regularly see many people return to work and/or education. Some people take up roles with us or begin volunteering elsewhere. As a supportive community we are there if people need to return for a time, or for a catch up when life throws a curve ball.

How can people get more involved?

At the moment we don't have the resources to manage any formal volunteer roles; however, we often appeals for help on big projects via social media. As a people-led charity there are plenty of opportunities to get involved in the running of things. This means that our community are very much in control!

Projects at a glance

(please ring before attending as there are some breaks for holidays)

DAY	PROJECT	DESCRIPTION	VENUE	CONTACT
Monday 12noon-4pm	Recovery Through Art (volunteer led sessions)	A gathering of folk interested in sharing skills and ideas and making artwork together. Informal social.	Temperance House, Pitt Street, town centre	Helen Boutle 07833 936 019 helenboutle@blueyonder.co.uk
Tuesday 12noon-4pm	Recovery Through Art (artist led)	Structured, skill-based art sessions, individual art practise, trying new things and working on large projects as a team.	Temperance House, Pitt Street, town centre	Helen Boutle 07833 936 019 helenboutle@blueyonder.co.uk
Wednesday 5-8pm	Live Arts Café (social)	A great night out. Live music, creative/art workshops and peer support. Includes a light supper.	Temperance House, Pitt Street, town centre	Helen Boutle 07833 936 019 helenboutle@blueyonder.co.uk
Wednesday 6-8pm	We Can Survive Singers	An uplifting singing group for people living with, and beyond cancer, and the medical teams/therapists that work with/alongside cancer patients.	The Church on St Paul's Road opposite the hospital	For more info contact Liz on 07837 652 891 or Cheryl on 07791 281 870
Thursday 2-4pm	UPLIFT Choir (Coffee Café Choir)	Make some noise with the 'can't sing, won't sing choir'. Enjoy the all-over benefits of singing with others.	The Church on St Paul's Road opposite the hospital	wearecreativerecovery@gmail.com
Ad hoc (short term)	Music and performance workshops	New music/performance workshops leading up to 'The Next Big Thing'	Temperance House, Pitt Street, town centre	wearecreativerecovery@gmail.com

Where can I find out more?

Check out our Facebook page [@WeAreCreativeRecovery](#) for photos and updates. We are also on twitter [@UPLIFTBarnsley](#).

Our website www.creativerecovery.com hosts a gallery and more info about our work and ethos.

To sign up for our mailing list visit the 'get involved' section of our website and follow the link, or email wearecreativerecovery@gmail.com.

You can also call Helen on **07833 936 019**.