

## What does it cost?

Some of our courses offer free places. For others you may need to be eligible for a recovery budget, personal budget or carers budget. We can talk about what you'd like to do when you contact us.

We are always very grateful for donations towards the project.

Please make cheques payable to 'EPUFT Charity Fund'

**Thank you**

**National Positive Practice in Mental Health Awards**

**2016** Open Arts 'Highly Commended' in the Partnership Work category

**2015 and 2013** Winners of the Arts, Mental Health and Wellbeing Award. [www.positivepracticemh.com/](http://www.positivepracticemh.com/)

If you would like any further information or to make a referral please contact:

### Open Arts

The Art House  
19 High Street  
Hadleigh  
Essex SS7 2PA

**Phone:** 07903 188673

**Email:** [epunft.open.arts@nhs.net](mailto:epunft.open.arts@nhs.net)

**Visit:** [www.openartsessex.com](http://www.openartsessex.com)

**Twitter:** @openartsessex

**Facebook:** @openartsessex

Registered Charity number 1053793

*Open Arts*  
mental health and wellbeing  
through creativity



Learning new techniques

Safe and supportive environment

No previous experience needed

**Open Arts** is a charitable community arts and mental health project managed by Essex Partnership University NHS Foundation Trust (EPUT).

## What is Open Arts?

Open Arts is a community based arts project, working across the county of Essex. We help people improve and maintain their own mental health and wellbeing, through creative learning, social inclusion and self expression.

**It's a chance to learn and practice all kinds of artistic techniques, and be part of a friendly, supportive and creative group.**

## Who is it for?

All our participants are people aged 16 or older, who have either experienced mental health problems or are a carer.

## What does Open Arts do?

Our courses include taster sessions in visual arts, such as drawing, painting, printmaking, photography, sculpture, creative writing and crafts. We also offer drama, digital arts and photography courses **that help develop new skills and confidence.**

**But most importantly, we offer a positive and productive environment that has been part of many people's recovery.**

# “I felt I was treated as an artist, not a person with mental health problems”

An independent study by South Essex Service User Research Group (SESURG) at Anglia Ruskin University found:

- 90% of participants felt **more positive**, and said it **improved their wellbeing**
- 80% felt that their relationships with other people had improved as a result of the studio placement
- People felt **less socially isolated**, and reported improved **self identity, confidence and choice.**

## As one of our participants you can enjoy:

- Gallery visits and creative experiences
- Opportunities to exhibit your work
- Links to further learning
- The option of accreditation
- Volunteer opportunities and research projects
- Community involvement
- Follow up studio placements at Hadleigh Art House - part of the Hadleigh Old Fire Station (HOFS) community arts and culture facility

## How can I find out more?

If you would like to talk about how you might get involved, we'd love to hear from you. Contact us on **07903 188673** or **[epunft.open.arts@nhs.net](mailto:epunft.open.arts@nhs.net)**

If you prefer, any health or social care worker can refer you. Just ask them to contact us.

## Volunteering with Open Arts

We are always delighted to have new people join us as volunteers. Our volunteers are highly valued as key members of the team. Please contact us to talk about what you could do, and find out how to apply.

