



Image from Sue Palmer's work  
for Devon Reach  
Image: Jennie Hayes

#### Artists:

Hannah Cox, Barbara Disney, Kate Green, Jennie Hayes, Karen Hayes, Rosie Jackson, Sue Palmer, Emma Thomson Richard Tomlinson, Joff Winterhart, Marc Yeats

#### Funders:

Arts Council England, NHS Bristol, Quartet, Avon & Wiltshire Mental Health Partnership NHS Trust, Lankelly Chase, NHS Devon, Devon Partnership NHS Trust, NHS Dorset, Dorset County Council, Bridport Medical Centre, NHS Somerset, Community Health International

#### Collaborators:

Avon & Wiltshire Mental Health Partnership NHS Trust, NHS Bristol, Bristol and Avon Chinese Women's Group, Dhek Bhal, Aune Head Arts, Villages in Action, Devon Partnership NHS Trust, NHS Devon, Upstream Healthy Living Centre, Bridport Arts Centre, Bridport Medical Centre, NHS Dorset, Dorset Mental Health Forum, Take Art, NHS Somerset, Community Health International



Image by young people from  
Huish Episcopi School, Langport

**The Reach** initiative was set up by Arts Council England South West in 2006 and was managed and co-ordinated by Willis Newson in association with Alex Coulter. It was completed in 2010. Encouraging arts organisations and health providers to work in together, it aimed to tackle health inequalities in local communities by giving people opportunities to be creative, increase self-esteem and improve communication skills, mental wellbeing and confidence. Four individual partnerships were established in Bristol, Devon, Dorset and Somerset, each with its own project team.



From Dorset Reach  
Image: Rosie Jackson

At a regional level the partners have shared experiences and learning and an external evaluation of the initiative has considered the challenges and successes of partnership delivery of arts and health projects. Individual projects have been the subject of stand-alone service evaluations.





Booklet produced by participants,  
Bristol Reach



Images from work with Bristol & Avon  
Chinese Women's Group, Bristol  
Reach

**Project:**

Bristol Reach

**Partners:**

Avon and Wiltshire Mental Health Partnership NHS Trust Community Mental Health Team, NHS Bristol, Willis Newson

**Artists:**

Hannah Cox, Barbara Disney, Karen Hayes

**Bristol Reach builds on work to strengthen and improve health services to older adults from black and minority ethnic groups in Bristol. Willis Newson partnered with Avon & Wiltshire Mental Health Partnership NHS Trust and NHS Bristol to deliver this project.**

Artists Barbara Disney and Karen Hayes worked with the Bristol & Avon Chinese Women's Group and artist Hannah Cox with Dhek Bhal, a community organisation for South Asian people. A series of weekly Arts for Emotional Well-being Clubs was run for older people, invited through these organisations to participate. All participants either spoke English as a second language or not at all, so the artists were assisted by language support workers. Participants illustrated memories from their lives and on themes including food and journeys. A toolkit booklet was created to record workshop techniques. The finished works, some in book format, included batiks, poetry, drawings, prints and photography and were celebrated in a final showcase event. The clubs encouraged social interaction, boosted confidence and improved communication with the community mental health team.



Image from booklet produced by  
participants, Bristol Reach





Image from Sue Palmer's work in Milton Abbot for Devon Reach  
Image: Jennie Hayes



Image from Sue Palmer's work in Milton Abbot for Devon Reach  
Image: Jennie Hayes



Image from Sue Palmer's work in Milton Abbot for Devon Reach  
Image: Jennie Hayes

**Project:**

Devon Reach

**Partners:**

Aune Head Arts, Villages in Action, Devon Partnership NHS Trust, NHS Devon, Upstream Healthy Living Centre

**Artists:**

Kate Green, Jennie Hayes, Sue Palmer, Joff Winterhart

**Artists worked with elderly and young people in three rural communities to create photographic works, radio pieces and animations about perceptions and experiences of aging and to explore the theme of mental wellbeing.**

In Milton Abbot and Princetown in Devon, artist Sue Palmer and elderly and young people in the villages made sound pieces that would become radio programmes and podcasts. They also created short films with animator Joff Winterhart. A successful inter-generational event was held to close the Milton Abbot project. Artists, Kate Green and Jennie Hayes worked with a residential home, sheltered housing scheme and the youth club in the third community, Chudleigh. This project combined individual and group work and used both sound and photography.

As well as benefits to individual mental wellbeing, a service evaluation of this project forecast improved community cohesion and wellbeing as an outcome.





Drawing by project participant  
Dorset Reach  
Image: Rosie Jackson



Dorset Reach  
Image: Rosie Jackson



Dorset Reach  
Image: Rosie Jackson

**Project:**

Dorset Reach

**Partners:**

Bridport Arts Centre, Bridport Medical Centre, NHS Dorset, Dorset Mental Health Forum

**Artists:**

Marc Yeats, Rosie Jackson

**This project widened the options available to the GP service in Bridport, Dorset in providing for those with minor mental health problems. Participants self-referred or were referred by GPs and screened as part of the Improving Access to Psychological Therapies scheme (IAPT). As one of a number of therapy options available, they were offered a series of workshops with artist Marc Yeats and writer Rosie Jackson. These explored the theme of nature through walks, photographs, drawings and poetry. The resulting artworks and poetry have been produced in book form.**

The project aims to increase participants' confidence, skills and interests and raise awareness of the benefits of nature in tackling depression. An evaluation of it investigated the use of creative activities within primary care and the contribution they can make to a reduced reliance on the primary care team. Funding has been secured to continue Dorset Reach for a further year, with a particular emphasis on giving participants the confidence to stay in or return to employment.





Image by young people from Huish  
Episcopi School, Langport  
Somerset Reach

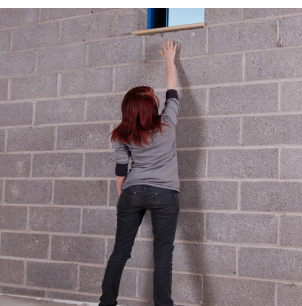


Image by young people from Chilton  
Trinity School, Bridgewater  
Somerset Reach



Image by young people from Huish  
Episcopi School, Langport  
Somerset Reach

**Commission:**

Somerset Reach

**Partners:**

Take Art, NHS Somerset, Community Health International

**Artists:**

Emma Thomson, Richard Tomlinson

**This project explored the issues, context and behavioural patterns and choices associated with eating and physical activity in adolescents. The evaluation of this project provided NHS Somerset with evidence to support future work with young people around the subject of healthy living.**

Artists Richard Tomlinson and Emma Thomson engaged young people (aged 13 – 15) from two Somerset schools through the use of film, photography and drama in an exploration of their and their peer group's sense of self and identity. They produced a series of photographic and film-based artworks which they peer reviewed. They also contributed towards the development of an online interactive tool that Community Health International will be able to use in future work with young people.