

Creative arts as a tool to improve the mental wellbeing of people who are homeless

Nicky Goulder

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NICKY GOULDER
FOUNDING CHIEF EXECUTIVE, CREATE

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**THE ATMOSPHERE OF THE
WORKSHOP WAS VERY
OPEN; I FELT RESPECTED.**

Participant

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Create is the UK's leading charity empowering lives through the creative arts



36,905

participants

... since 2003

279,758

hours of contact

9,056

workshops

1,603

community
partnerships

DEFINITIONS

Homelessness (as defined by QNI)

The state of having no home, including living in temporary accommodation, in a refuge or sofa-surfing, as well as rough sleeping.

Mental ill health (as defined by QNI)

A wide spectrum that ranges from low level depression and anxiety, to severe depression and complete loss of touch with everyday reality, including diagnosed mental health disorders.

Creative arts

A range of activities that allow for creative and imaginative expression, such as music, art, creative movement and drama.



WHY THE CREATIVE ARTS MATTER

70% of homeless people have one or more mental health needs.

The ability to participate in creative events is crucial to the creation of feelings of belonging and social inclusion.

Participating in the arts reduces doctor consultation rates by 37% and anxiety by 77%.

Weekly arts workshops lead to a 73% fall in depression.

HOW CREATE WORKS

- Bespoke projects created in collaboration with partners
- Pre-agreed outcomes
- 100% feedback policy
- Rigorous evaluation



**THESE WORKSHOPS
GIVE US SOMETHING
TO LOOK FORWARD TO.**

Participant

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HOW OUR PROJECTS WORK

- Project Manager
- Professional artist(s)
- Facilitated workshops
- Cross-artform
- Collaborative working
- Emotional outlet
- Development of creativity, learning, social skills, self-esteem



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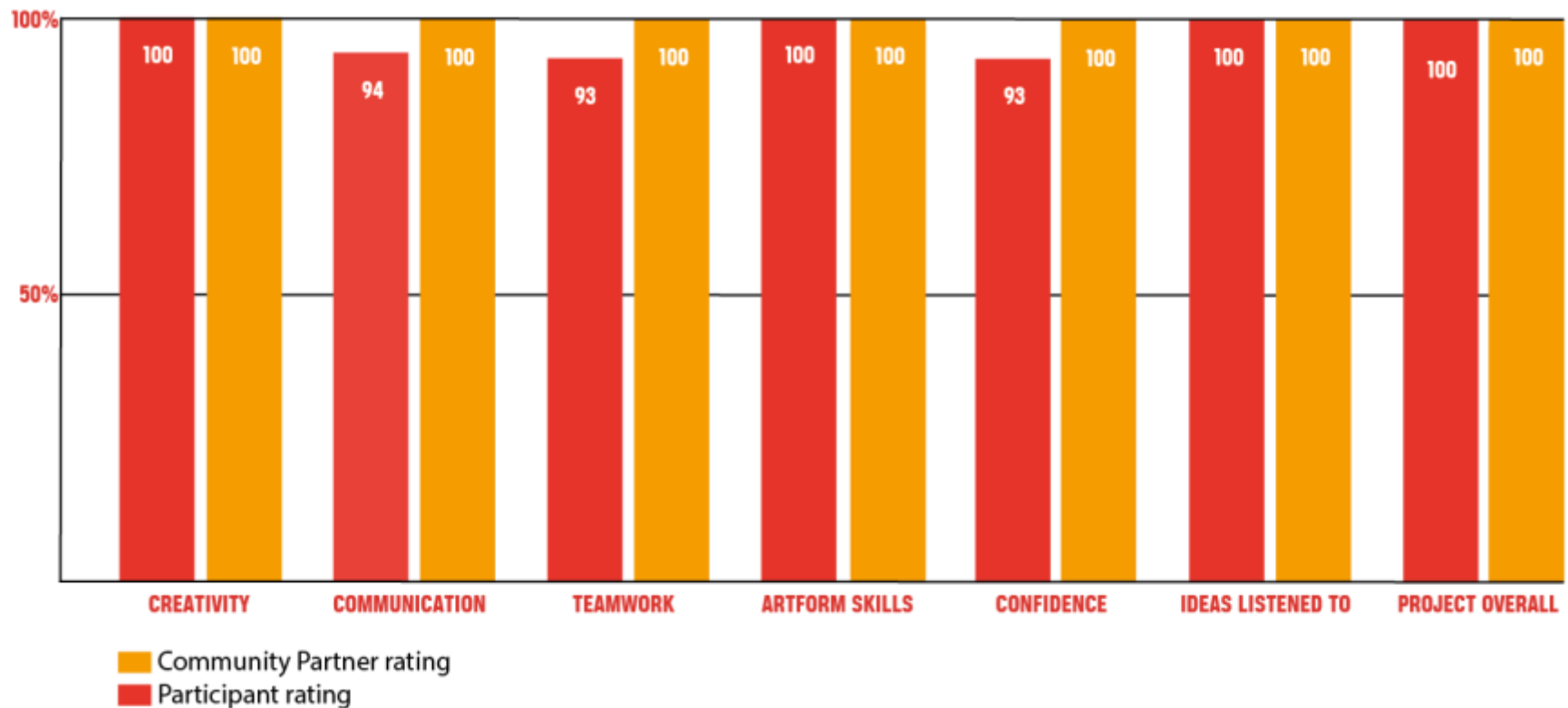
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**DEPTFORD REACH IS
A DROP-IN CENTRE IN
SOUTH EAST LONDON
FOR ADULTS WHO
MAY HAVE FACED
HOMELESSNESS,
POVERTY, MENTAL ILL
HEALTH, SOCIAL
ISOLATION OR
EXCLUSION.**

SPEAK WITH MY VOICE 2017/18

PARTICIPANT SKILL DEVELOPMENT / OVERALL PROJECT RATING



RAY'S STORY



**WE LEARNT DIFFERENT AND NEW
SIDES TO EACH OTHER.**

Participant

JOSÉ'S STORY

**WE WERE ALLOWED TO READ
IN FRONT OF OTHERS AND
LISTEN WHEN OTHERS WERE
READING. IT FELT SPECIAL.**

Participant



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IT WAS SO POWERFUL IT MADE
ME CRY, WE BROUGHT LIGHT
UPON THIS ROOM TODAY.

Participant



IMAGINE
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QUESTIONS?

NICKY GOULDER
FOUNDING CHIEF EXECUTIVE, CREATE