

DCAS Arts & Mental Health Project - Louise Smalley Walk

More and more young people in our society are facing issues with their mental health. The shortage of services available to them means that many individuals are not gaining the invaluable tools and knowledge to get better and manage their problems. The stigma attached to mental health is still a huge problem and not enough people are talking about it. With this in mind the creative arts project we wish to deliver will be based around the theme of young people and mental health. The medium of art gives many people the freedom to explore thoughts, feelings, traumas and ideas through arts and creativity.

The project will:

- Address topics in society such as stigma and gender issues.
- Educate young people about mental health.
- Raise awareness about mental health within our communities.
- Tackle the ongoing problem with young people and create safe spaces where they can express their creativity, talk openly and produce artwork in many different mediums.

Spanning a period of six months the project will include:

- 12 weekly 3 hour workshops with young people.
- A young artists competition.
- A short film.
- Opportunities for exhibiting the finished work.

Managed and delivered by experienced youth and community artist/youth workers at the DCAS centre. The project will also integrate other local authority services and provision such as schools, fostering/adoption teams, careers services and more. The work of the competition finalists will also be put forward to the annual Derbyshire Open Arts Competition.

The art forms which will be explored include; painting, drawing, photography, sculpture, printmaking, graffiti, film making and more. Sessions will be delivered within the youth arts workers specialisms and by gaining support from local artists and input from other arts organisations such as Junction Arts. A specialist film maker will film at various stages throughout the project and the footage will be made into a short film about young people and mental health. This film which could be used as a tool in schools and other youth provision will showcase the project, explore various issues, give information about where to gain help and how to tackle issues.

This project will have a very positive impact on its participants, their families and the local community. Using arts as a tool to explore difficult issues such as mental health and recognising the powerful contribution the arts can have on our health and wellbeing. It also provides positive activities for young people, who have had the majority of their services stripped back over the last few years by local government.

Below outlines the approx. cost of the project:

Staffing: 12 week session delivery x 3 arts workers	£2020.80
Staffing: Project support, management, artists workshops	£1120.00
Equipment & Materials for session delivery and creation of art work	£2000.00
Promotion & Marketing	£500.00
Competition & Exhibitions	£500.00
Film	£1500.00
Total	£7640.80