



Boxercise group run by the Youth Justice team in partnership with Creative Minds

Are creative approaches to wellbeing just soft and fluffy?



Creativity is....

“An opportunity to express yourself in a different way and to be with other people – kind of just letting go of the everyday experience of life - thinking too much and doing too much”



“helps my mental health in a way that isn’t about mental health”

Creativity offers something different:

- **spaces, people, encouragement & compassion, staff, the consistency and the choice**
- **more varied, personalised, accessible & flexible**
- **Choose** to engage when you want, with whatever ‘activity’ you want, in your own way



“Distracts me”

shifts my focus

- *“helps me forget the bad days”*
- *“opportunity to forget about and escape the illness”*
- *“Much more than any medication can [creativity] really does help me to feel alive not just be alive”*



“helps me work through my issues”

Facilitates Expression



- helps and allows a person to express them self in different ways:
 - **writing** helped verbalise certain issues
- Supplemented ‘formal’ mental health care
 - **art** enabled visual expression of difficult emotions– helped community psychiatric nurse (CPN) provide support
- People feel “**truly understood**”

“the art was a bonus”

Acceptance & Inclusion

- The groups create a sense of community “more family than family”
- people feel “**part of something**”, “**wanted**”, “**you feel accepted and included**”, regardless of your ability and diagnosis
- “The worst aspect of the sessions was having to go home”



“life changing”

Achievement & Progression

- helped people to change and (positively) progress in various aspects of their life
 - how they think, feel and what they do (their behaviour)
- described as “life changing” and “essential to recovery”
- “helps you envisage a future”
- “improves your life” and “gives you a sense of purpose”



“it’s a no brainer for funders
in terms of the return on
the investment”

