

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.

Open Arts is NOT FUNDED by the NHS but operates completely on external funding, donations and fundraising by participants, volunteers and local businesses. If you can help support Open Arts or would like information on how you can, please contact us.

Please make cheques payable to 'EPUT Charity Fund'.

You can donate online via CAF www.cafonline.org search for **Essex Partnership NHS Foundation Trust Charities or 1053793**. Please make sure you type **For Open Arts** in the message box.

Thank you

2020 Shortlisted for 'Best Arts Project'- Arts, Health and Wellbeing in the 2020 Hearts for the Arts Awards

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

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 / 07580 982462

Email: epunft.open.arts@nhs.net

Visit:

www.openartsessex.org

YouTube: [OpenArtsEssex](https://www.youtube.com/OpenArtsEssex)

Twitter: [OpenArtsEssex](https://twitter.com/OpenArtsEssex)

Facebook: [@OpenArtsEssex](https://www.facebook.com/OpenArtsEssex)

Instagram: [OpenArtsEssex](https://www.instagram.com/OpenArtsEssex)

Registered Charity number 1053793

Open Arts
mental health and wellbeing
through creativity



Learn new techniques
in a safe and supportive
environment

No previous experience needed

Open Arts is a charitable arts and mental health service managed by Essex Partnership University NHS Foundation Trust ([EPUT](#)).

What is Open Arts?

Open Arts is a community based arts service, 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 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, sculpture and crafts. We also offer drama, digital arts and creative writing 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:

- 80% felt that their relationships with other people had improved as a result of the studio placement
- 90% of participants felt more positive, and said it improved their wellbeing
- 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
- Volunteer opportunities
- 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 07580 982 462 or email 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.

