

# Arts and Minds: Time to Introduce Ourselves – A Sculpture Challenge

*Introduction by Gavin Clayton, [Arts and Minds](#)*

*This was the first session working with students at [Cambourne Village College](#) as part of the 'Young People's Pilot', coordinated and managed [Arts and Minds](#), a leading arts and mental health charity in Cambridgeshire.*

*[Arts and Minds](#) developed the Young People's Pilot of [Arts on Prescription](#), thanks to funding from the Arts Council's [Norfolk and Norwich Festival Bridge](#) organisation.*

*In Cambridgeshire mental health service provision for Young People involves lengthy wait times and the thresholds necessary to trigger statutory care continue to rise. **Arts and Minds** wanted to see what could be done as an 'early help' provision for young people within schools. The result was an initial pilot at **Ernulf Academy in St Neots**, which produced evidence showing significant positive impact on wellbeing and mental health along with improvements to behaviour and attendance.*

*This second pilot, employing **AccessArt**'s co-founder **Sheila Ceccarelli**, is a new delivery partnership and one that we hope will bring the work to the attention of a larger community of interest, build on the findings from first pilot and allow **Arts and Minds** to develop larger scale delivery within Cambridgeshire secondary schools.*

*[Back to "Heart-Work" Arts and Wellbeing Project](#)*

---

## ***Time to Introduce Ourselves - A Sculpture Challenge***

By [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)



We kicked off the programme with a quick making challenge which would act as an ice-breaker and introduce students to an array of materials.

Having lots of different kinds of materials at hand was key to this session - allowing for plenty of exploring and inventing and also highly individual outcomes.

	<b>Please log in here to access full content.</b>	
Username		<input type="text"/>
Password		<input type="password"/>

	<input type="button" value="Login"/> <input checked="" type="checkbox"/> Remember me
	<a href="#">Forgot Password</a>

To access all content, I would like to join as...

**An Individual**



Creative practitioners, educators, teachers, parents, learners...

From £3.50

**An Organisation...**





Schools, Colleges, Arts Organisations: Single and Multi-Users  
From £42

*AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.*

---