

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.

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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.

Sketchbook Exercise: Drawing Brushes with Charcoal

Making Giant Withie Lanterns

With 'festivals of lights' in November and December, teenagers at AccessArt's Experimental Drawing class had a fun time constructing giant lanterns out of withies and wet-strength tissue paper.

Make a Model Stitched House

50 Minutes Looking and Sketching Autumn Leaves

With rich colours and shapes everywhere, a wonderful opportunity to use sketching to tune into this beautiful time of the year.

Teenagers Write A Letter, A Postcard, A Poem or A Narrative in Invented Text

Ten Top Tips to Take Superb Pictures on Your Camera Phone

by Ruth Purdy

What is a Canvas? Exploration Activity

Time to Introduce Ourselves – Initial Sculpture!

Marbling for Surface Design

by Ruth Purdy

**Lights | Camera | Action | we
all love glow-in-the-dark
tape! By Sara Dudman**

**Collagraph, Collage and
Stitch: Make a Image of Your
Home on Fabric**

**The August Creative Challenge
Gallery – Week Four**

Drawing with a Ruler

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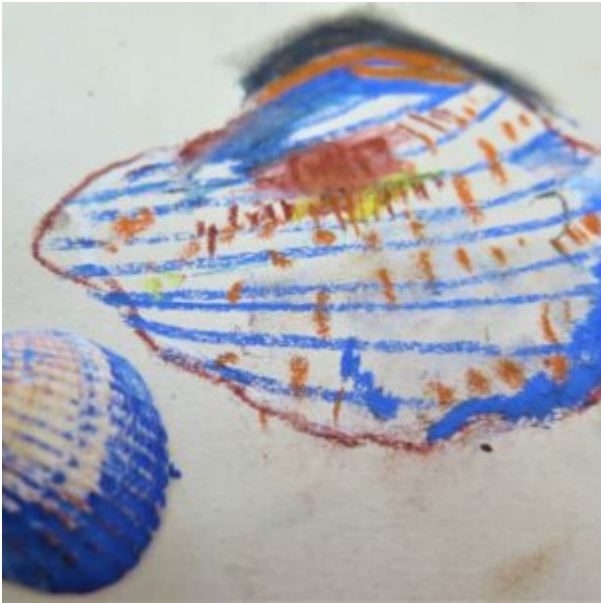
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Pathway: Stick Transformation project

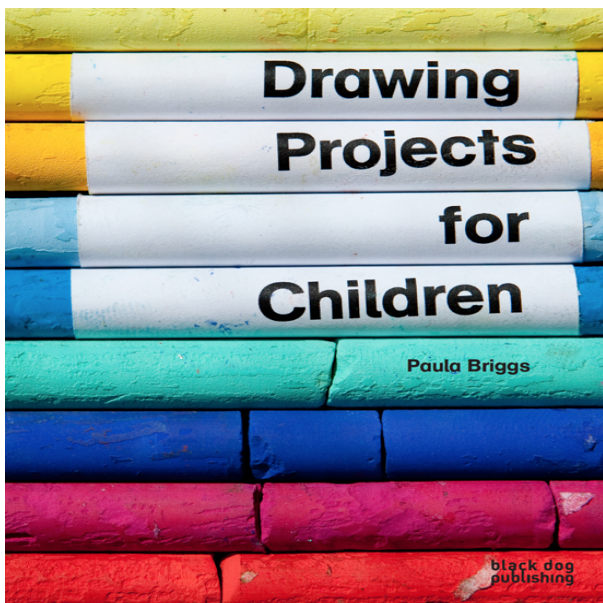


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The drawing journey



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[Make, Build, Create and Drawing Projects for Children, BlackDog Publishing 2015/2016](#)

Join Us for an August Creative Challenge!

Tie Dye

Draw your Home: Collage, Stitch and Fabric Crayons

Block printing: Creating repeat patterns using letters with Andy McKenzie

Teenagers from AccessArt's Experimental Drawing Class worked with artist Andy McKenzie to create repeat patterns of letters.

Choosing, Mounting, Showing and Celebrating Art Work by Teenagers