

“Heart-Work” an Arts and Wellbeing Project for Young People

This series of 'Arts on Prescription' style workshops with students at [Cambourne Village College](#) was part of the 'Young People's Pilot', coordinated and managed [Arts and Minds](#), a leading arts and mental health charity in Cambridgeshire. The sessions were led by [Sheila Ceccarelli](#) from AccessArt (artist) and [Yael Pilowsky Bankirer](#) (Psychotherapist).



[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." **Gavin Clayton, [Arts and Minds](#)**

"For me, this workshop series was a wonderful opportunity to take creative processes into a school without curriculum pressures or worries about evaluation. Art, here, was recognised, not as a subject, but as a bespoke and personal language used to transform, express and construct. It was wonderful to see young people respond so spontaneously, openly and naturally to the processes presented to them and most importantly for them to value them and appreciate them as their own. This project was as much about ownership and creative entitlement as it was about wellbeing." **Sheila Ceccarelli, AccessArt**

"I loved the experience and finding so many different ways that we can use art to express our feelings." **Student, Cambourne Village College**

"I have really enjoyed myself." **Student, Cambourne Village College**

"No comments. It was good." **Student, Cambourne Village College**

"You could have more sessions!" **Student, Cambourne Village College**

"Looking back and writing it all down I can only admire the openness and honesty students have brought into the process of art making and wish we all could have this kind of freedom to express ourselves. Thank you!" **Yael Pilowsky Bankirer, Psychotherapist**

"Thank you all so much, for all your dedication and heartfelt passion about your work. The students all thoroughly enjoyed themselves, which was lovely to see." **Daisy Worzencraft, Inclusion manager, Cambourne Village College, Cambridgeshire**

With permission and collaboration from students and staff at [Cambourne Village College](#) and supported by Gavin Clayton and

Jessa Leff at [Arts and Minds](#), Sheila Ceccarelli carefully captured the sessions on camera and Yael Pilowsky Bankirer wrote her reflections, from a psychoanalytic preservative, resulting in the creation of the resources below.

We hope these capture the magic that can happen when Art is presented to young people as a tool to transform, interpret and create, and will inspire collaborations between artists, schools and mental health practitioners in this much needed area of work.

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



Arts and Minds: A 'Heart-Work' Conversation



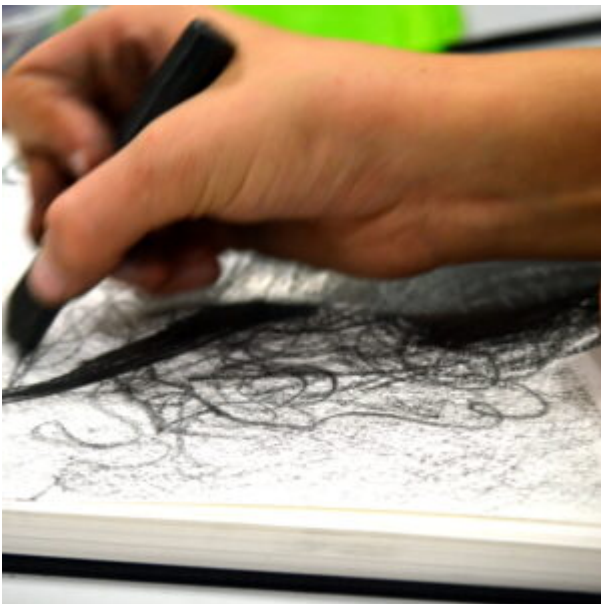
Arts and Minds: Asemic Writing and Invented Text



Feeling Through Drawing



Drawing for Mindfulness



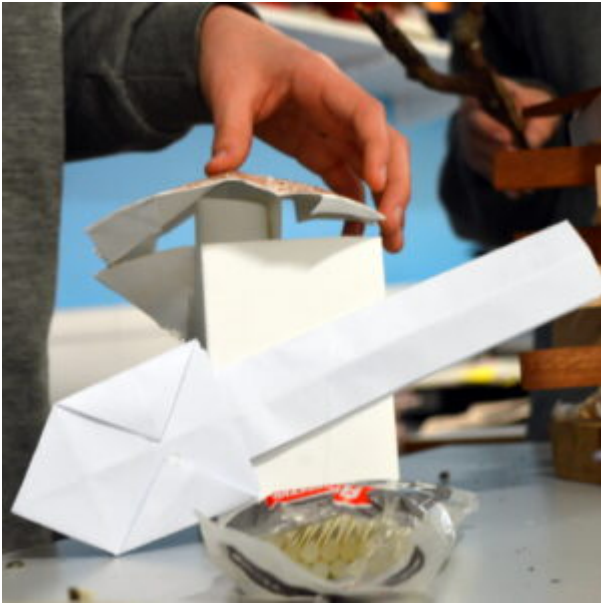
Arts and Minds: Expressive Monoprinting on a Big Scale



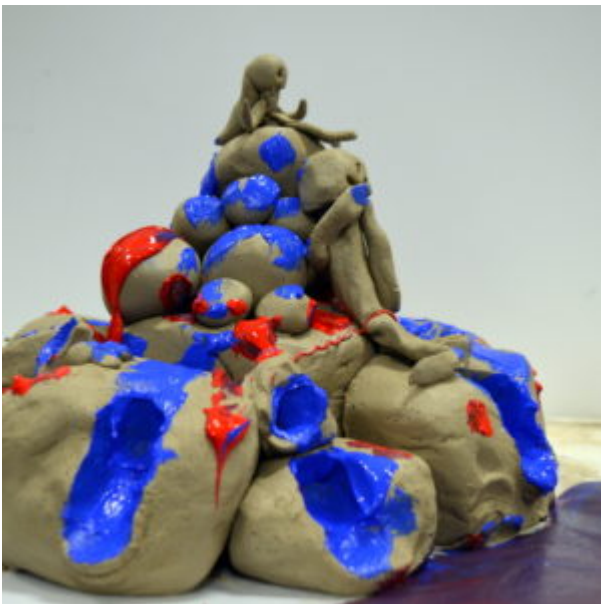
Constructing the World with Collage



Building to the Limit



Manipulating Clay with Water



Landscape Painting:
Expressive Mark Making

Exploring Casting with Latex Animal Moulds

Paula Briggs describes how one of her first experiences of understanding the casting process was through the use of latex moulds and fine casting plaster (plaster of Paris) and how exciting it was to reveal the plaster forms!

Quick Guide to Mixing Plaster

Drawing Into Space with Melissa Pierce Murray

In this session, artist Melissa Pierce Murray invited students to create three-dimensional drawings from tape, string and paper, using the entire room as our canvas.

Inky Objects with Melissa Pierce Murray

In this workshop I introduced the idea of thinking of the piece of paper as an object to shape, rather than a picture plane to fill.

Questioning the Canvas

Animating with Charcoal

Decorative Eggs

A project based on Ukrainian Pysanky eggs using broken beads.

Landscape Painting: Plein Air

Painting

Drawing with Objects by Melissa Pierce Murray

Teenagers explore ideas of placement with artist Melissa P Murray by arranging or assembling objects to make compositions or maquettes.

Making Elastic Band Sketchbooks with Pupils at Philip Southcote School

Teenagers Paint a Canvas with Scolaquip

**Mayan Tabletop Eraser
Printing Project**

**Landscape Painting: Colour in
the Landscape**

**Using Mobile Phones to Make
Animated Films**

**Make a Stitched Drawing of a
House in an Hour**

Mural and Workshop Project at

Chesterton Community College in Collaboration with Jon Bates from Blight Society

This project started out as getting Blight Society back to Chesterton Community College, Cambridge to do a mural

Making Paper Masks for Carnival and Mardi Gras

Making a Carnival Mask with the help of an AccessArt Template.

Teenagers Experiment with Glow in the Dark Paint and Rice with Artist Melissa Pierce Murray

teenagers at AccessArt's Experimental Drawing Class, I brought in UV reactive paint and markers, and surprised students by turning off the lights and shining a UV torch on the palates.