

# “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**

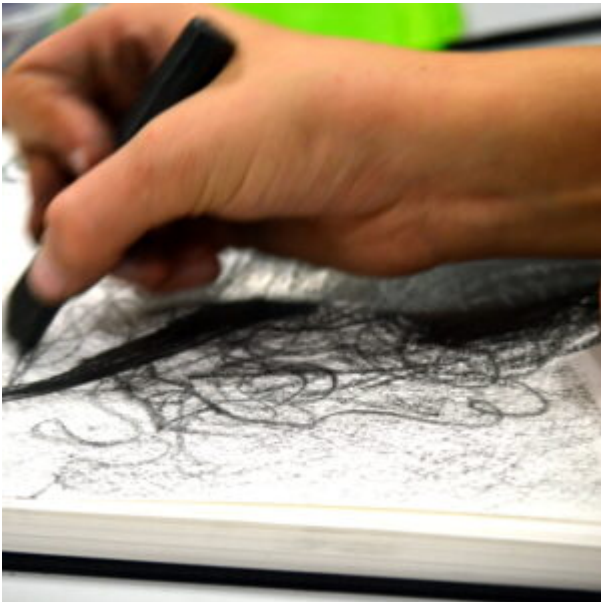


## **Feeling Through Drawing**





## **Drawing for Mindfulness**



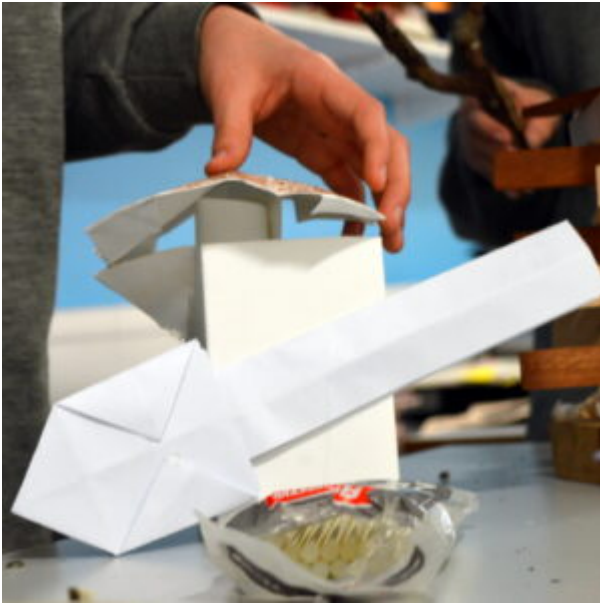
## **Arts and Minds: Expressive Monoprinting on a Big Scale**



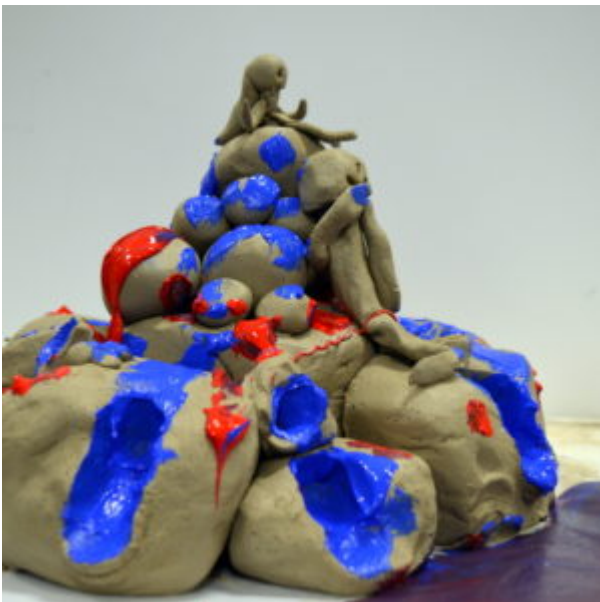
## **Constructing the World with Collage**



## **Building to the Limit**



## **Manipulating Clay with Water**



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## **Questioning the Canvas**

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# **Decorative Eggs**

A project based on Ukrainian Pysanky eggs using broken beads.

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## **Arts and Minds: Constructing the World with Collage**

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## **Arts and Minds: A ‘Heart-Work’ Conversation**

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## **Collage and Construction**

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

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# **Draw your Home: Collage, Stitch and Fabric Crayons**

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**Making Large Scale,  
Screenprinted, Collaged, Co-  
Created Campaign Posters!**

**You May Also Like...**

**Make, Build, Create: Sculpture Projects  
for Children by Paula Briggs**



**[Published by Black Dog Books](#)**

**#WHATDIDMYCHILDMAKE**



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**Year Three Pupils Explore  
Stencils, Composition and  
Expressive Mark Making with  
Oil Pastels**

**You May Also Like...**

**Pathway: working with shape and colour**



[This is featured in the 'Working with Shape and Colour' pathway](#)

**Talking Points: Henri Matisse Cut Outs**



**Talking Points: Romare Bearden**

...What I have tried  
to do in my collages is  
bring the Afro American  
experience into art and  
**GIVE IT A  
UNIVERSAL  
DIMENSION.**

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## **Monoprinting Inspired by Goya, Turner and Cornelius in the Education Room at the Fitzwilliam Museum, Cambridge**

This post follows on from Gathering Marks and Tearing Paper to Appreciate Prints by Goya, Turner and Cornelius at the Fitzwilliam Museum, Cambridge and shares how teachers enjoyed monoprinting on a big scale. The session was facilitated by Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge.

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# **The Lion, the Witch and the Wardrobe by Kaz Trinder**

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## **Red to Green: Taking Rubbings and Making Compositions**

process of recording by taken rubbings from natural and man made objects whilst incidentally making uninhibited gestures and marks with graphite

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## **‘Birds in the Trees’ by Pupils at Battyeford Primary School**

## **You May Also Like...**

**Visual Arts Planning Collections: Birds**





## **Drawing Feathers**



**Flat yet sculptural**



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**Paint, Colour and  
Autobiographical Imagery**

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**Pattern and Collage: A Whole  
School Workshop at Monkfield  
Primary School**

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# Book Transformation: Flock of Birds

See This Resource Used In Schools...





## You May Also Like...

**Pathway: Making Birds**



[This resource is featured in the 'Making Birds' pathway](#)

**Visual Arts Planning Birds: Making &**

## **Drawing**



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## **Animal Sculpture and Collage with Students at Philip Southcote School, Surrey**

Exploring 'identity' by interpreting the characteristics, habitats and personalities of animals through making sculpture and collage with scrap store materials.

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**Jo Allen and Rachael Causer:**



# **Relief Printmaking at Ridgefield Primary School**

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## **Using Sketchbooks to Inform Larger Work**