

# “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**

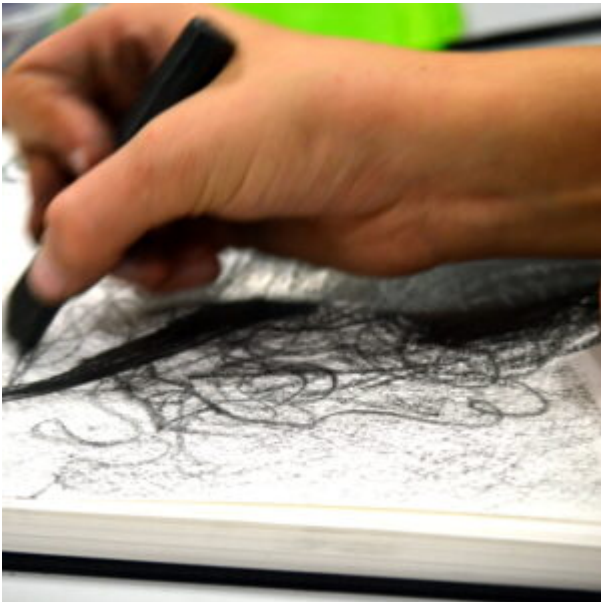


## **Feeling Through Drawing**





## **Drawing for Mindfulness**



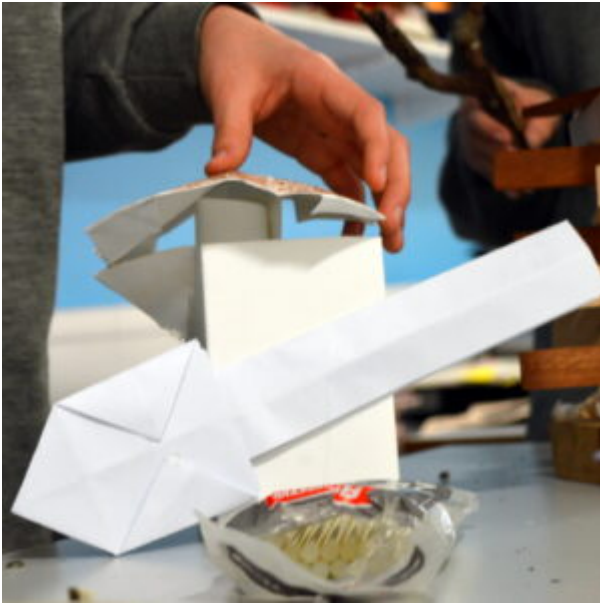
## **Arts and Minds: Expressive Monoprinting on a Big Scale**



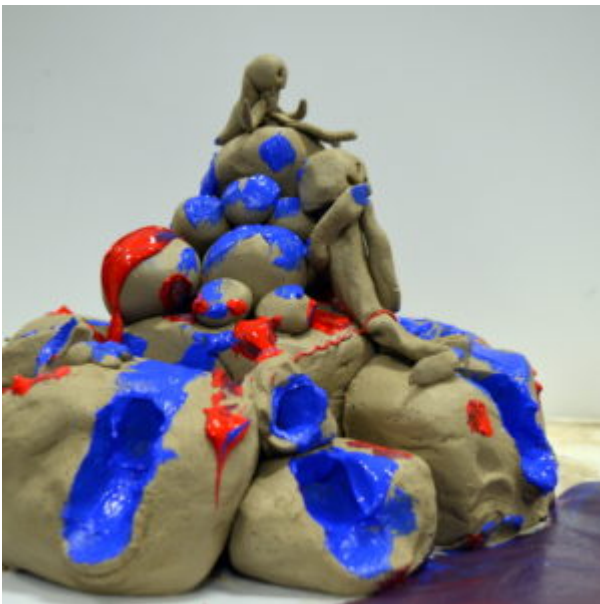
## **Constructing the World with Collage**



## **Building to the Limit**



## **Manipulating Clay with Water**



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## **Quick Guide to Mixing Plaster**

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# **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.

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## **Questioning the Canvas**

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## **World in a Matchbox**

Children love working on a miniature scale where they can create worlds which they can control and oversee. AccessArt and Mencap have devised the “World in a Box” activity to enable children plenty of creative freedom resulting in fantastic autobiographical artwork.

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## **Making Paper Masks for Carnival and Mardi Gras**

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



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# **“Plasticine Models & Decorated Plinths ” Inspired by the Book ‘Dirty Beasts’ by Roald Dahl & illustrated by Quentin Blake**

## **You Might Also like...**

**Pathway: Telling Stories through drawing and making**



**[This is featured in the ‘Drawing Stories Through Drawing and Making’ pathway](#)**

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# **Making Sculptural Interpretations of 18th Century Portraits at the Fitzwilliam Museum, Cambridge**

This post shares how Paula Briggs and Sheila Ceccarelli from AccessArt and Kate Noble from the Fitzwilliam Museum, Cambridge, enabled teachers to explore making three dimensional interpretations of two dimensional 18th Century portraits.

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## **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.

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## **Time to Introduce Ourselves – Initial Sculpture!**

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# Supersized Jewellery

## You May Also Like...

More Making and Drawing projects for children



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## Rio 2016! – Sporty / Sunbathing Dolls

Inspired by Rio 2016, the AccessArt Friday Club made dolls from modroc and wire, exploring costumes and personality!

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# Take a Seat Gallery

Enjoy these chairs!

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## Brushes, Rollers and Dabbers – Year 4 Pupils Use Mixed Media to Make Mark Making Tools

to explore constructing in mixed media and using inventiveness and innovation to create painting tools, which would later be used to paint a Communal Drawing of the River.

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## Perseverance, Determination and Inventiveness: Building Nests

Year 4 pupils from Comberton Village College and Cambourne Village College feeder schools met for a Gifted and Talented Sculpture Masterclass led by AccessArt at Bourn Primary Academy. The session centred around an exploration of the materials and construction methods we might use to build

inventive, sculptural nests.

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## **Artist Studio Series: Emma Sandham King**

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### **Barbie & Ken Transformation**

This adaptable resource shares how we transformed Barbie dolls using paper, fabric, modroc and paint. We had great fun researching and designing costumes and exploring appropriate materials. By Paula Briggs

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### **Shipwrecked! A Shadow Puppet Play by Children Aged 10**

As the winter nights draw in and it was dark outside and cosy inside, Friday Club students, turn the summerhouse into a theatre and make a shadow puppet play.

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# **3D Drawing with Paper: Texture – Surface – Structure**

Artist Andrea Butler sets teenagers the challenge to create 3D forms from sheets of paper experimenting with structure and texture using manipulation techniques.

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## **Years 3 and 4 D&T and Making Club**

A collection of resources by Sheila Ceccarelli based on her Brilliant Makers Club for year three and four pupils at Milton Road Primary School, Cambridge. Children were encouraged to experiment, think and engineer creative solutions by working on simple projects, with individual and independently generated outcomes.