



open arts

Community arts and wellbeing



Essex Partnership University
NHS Foundation Trust

What is Open Arts?

Open Arts is a charitable, community based, arts and mental health service managed by Essex Partnership University NHS Foundation Trust (EPUT).

We help people to improve and maintain their mental health and wellbeing, through creative learning, social inclusion and self expression. It's a chance to learn and practice all kinds of artistic techniques, and be part of a friendly, supportive and creative group.

Who is it for?

We have an open referral route for Essex residents aged 16 or older, who have either experienced mental health problems or are a carer. We also offer workshops to anyone that would like to help their wellbeing by being creative.

What does Open Arts do?

Our courses include taster sessions in visual arts, such as drawing, painting, printmaking, sculpture and crafts. Sessions help develop new skills and confidence. But most importantly, we offer a positive and productive environment that has been part of many people's recovery.

As one of our participants you can enjoy:

- gallery visits and creative experiences
- opportunities to exhibit your work
- links to further learning
- volunteer opportunities
- community involvement

"I felt I was treated as an artist, not as a person with mental health problems."

An independent study by South Essex Service User Research Group (SESURG) at Anglia Ruskin University found:

90% of participants felt more positive, and said it improved their wellbeing.

80% felt that their relationships with other people had improved as a result of the studio placement.

People felt less socially isolated, and reported improved self identity, confidence and choice.

What does it cost?

Some of our courses offer free places. Some are 'pay what you can'. For others you may need to be eligible for a recovery budget, personal health budget or a carers budget. We can talk about what you'd like to do when you contact us.

How can I find out more?

If you would like to talk about how you might get involved, we'd love to hear from you.

Contact us on 07580 982 462

or email epunft.open.arts@nhs.net

If you prefer, any health or social care worker can refer you. Just ask them to contact us.

Volunteering with Open Arts

We are always delighted to have new people join us as volunteers. Our volunteers are highly valued as key members of the team. Please contact us to talk about what you could do, and find out how to apply.



Learn creative techniques

Safe and supportive environment

No previous experience needed



Open Arts is NOT FUNDED by the NHS but operates completely on external funding, donations and fundraising by participants, volunteers and local businesses.

If you would like to support us, or would like information on how you can, please contact us.

Please make cheques payable to
'EPUT Charity Fund'

You can donate online via this
QR code which takes you to
our Justgiving page.



Or visit
[Justgiving.com/page/openartsessex](https://www.justgiving.com/page/openartsessex)

Thank you!

If you would like any further information or to make a referral, please contact:

Phone: **07580 982462**

Email: **epunft.open.arts@nhs.net**

Visit: **www.openartsessex.org**

Find us on social media



Open Arts is managed by Essex Partnership University NHS
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