

a virtual studio

We are now open for new referrals with a new initiative, inspired by the lockdown, in a virtual space.

Our virtual studio is open to adults...

- living with severe and enduring mental health illness
- who at this time are experiencing mental health challenges that cause difficult and unwanted behaviours and feelings
- advised to self-isolate for 12 weeks

...for creative challenge, a sense of purpose and friendship

Our Vision

Together we are finding ways to live life, and challenge mental health stigma

Our Mission

High quality, ambitious, experimental art and design work and support to make independent ambition a reality.

Our Values

Encourage creative adventure. Act with purpose and create an environment of warmth. Recognise that we are all individuals and that we all rely on each other.

This virtual studio will maintain, as much as possible, the core values on which our studio space in Oswestry is founded. We hope to provide you with a creative safe space in which you can flourish. We do not want to simply pass the time, we can be active and questioning, and within a creative community you can exceed personal expectations and those of others.

We are a small staff and volunteer team with a wealth of expertise in a range of artistic disciplines, teaching, listening, business management and finance, with years of experience working in mental health settings and personal knowledge of living with mental health challenges.

Our virtual studio will consist of ten weekly sessions, led by an artist, covering a variety of skills and techniques that you will be able to achieve at home. At the end of the course, in weeks 11 and 12, a collective piece will be created from the work produced, pulled together by the lead artist and offered back to you as a downloadable work to print out and keep.

Each group of new participants will be limited to eight people and in addition to the workshops there will be opportunities to share work, talk in smaller groups and be part of a community supported by artists and people who will listen.

What can you expect from us. We will:

- Facilitate a creative, supportive and interactive community
- Provide you with some materials (there will also be a list for you to provide) and the training to learn and develop your creative skills.
- Listen
- Provide guidelines and support to access private zooms and a private Instagram account

What you will need to participate:

- Access to the internet
- A device to get online (preferably with a camera) to use email, zoom and Instagram (you do not need to be familiar with these in advance)
- Access to some basic art materials- pencils, paper, scissors

What do we expect from you:

- An interest in being creative, but no experience is necessary
- Make every effort to carry out the tasks each week and participate groups
- To let us know if you no longer wish to participate in the programme

In order to make our online creative sessions accessible and rewarding to all participants- those with any physical challenges with use of their hands or arms or any cognitive or communication challenges, should partner with a carer or support worker to facilitate understanding and execution of the tasks.

When we have processed the referral from your mental health worker or GP you will be contacted by a team member from Designs in Mind with all the details of the course programme and all the information and technical help that you need to access the virtual studio.

See you soon!!!