

## High Peak Community Arts Project eARTh

For 30 years High Peak Community Arts has undertaken projects, which address the thoughts and feelings of local residents using a range of creative media.

High Peak Community Arts' Project eARTh, run in partnership with High Peak Community Mental Health Team, Glossop Mental Health Project and High Peak CVS, combines environmental arts and health.

Project eARTh runs two groups each week in different parts of High Peak, open to anyone over 16 experiencing mental distress. They are referred to the project by community mental health teams, GPs, housing associations and self-referral.

Each session is led by an experiencing community artist, supported by health support staff and volunteers. The project runs a wide range of arts workshops, which in year one included:

- Journal making
- A summer scroll CD, inspired by a walk in the Upper Derwent Valley and distributed to around 200 visually impaired people
- Two carved oak benches
- Hand printed bunting
- Two textile-wrapped chairs on display in a local gallery
- Felted wall hangings, which will be displayed at Buxton Museum and Art Gallery, and Fairfield Community Centre.
- A human sundial for High Lee Park, New Mills and a time capsule filled by six local primary schools.

Future projects will include an outdoor cob oven, a steel bench and sculpture for a

shopping parade, and a steel archway into a park.

Each participant has an initial interview and regular one-to-one reviews, completes weekly evaluations and a questionnaire. They are also encouraged to keep their own sketchbooks and journals, create group diaries of and attend celebrations for each project, attended by local dignitaries.

Through the project, participants meet people, work collectively, develop friendships, build self-confidence, learn new artistic and personal skills, gain pride in their achievements and give to the community through art. They also feel more relaxed, less stressed and more able to meet new challenges and join other community activities.

Funded by the Reaching Communities Programme of the Big Lottery Fund, and in kind by the High Peak Community Mental Health Team, the project began on 1 April 2010 and will run 31 March 2015.

For further information on High Peaks Community Arts visit [www.highpeakarts.org](http://www.highpeakarts.org), email [mail@highpeakarts.org](mailto:mail@highpeakarts.org) or telephone 01663 744516.

*“It’s about making a contribution, you feel better about yourself”*

*“I’ve been uplifted today”*