

About Arts & Minds:

Arts & Minds is the leading arts and mental health charity in Cambridgeshire, providing Arts on Prescription (a form of social prescribing). We aspire to a world where people have the confidence and self-esteem to lead fulfilling lives. We run a portfolio of creative activities programmes to empower people living with mental health challenges to thrive in their communities.

Our programmes include:

- **Arts on Prescription** is a 12-week programme of arts workshops for people experiencing depression and / or anxiety to improve wellbeing and promote social inclusion. Workshops are led by a professional artist and a counsellor.
- **Michaelhouse Singers** is a weekly open-access drop-in community signing group for people experiencing mental health challenges, family & carers.
- **Pottery for Younger People with Dementia** provides weekly pottery sessions for people aged 40-65 living with dementia and their carers. The group provides a creative outlet and social connection with other members.
- **Creative Cafe** is a monthly drop-in open to everyone, though particularly welcoming people experiencing mental health challenges and / or social isolation.
- **Fullscope** is a consortium of 7 local charities supporting the mental health and wellbeing of children and young people, aged 0-25, in Cambridgeshire and Peterborough. Partner charities are: Arts & Minds, Blue Smile, Cambridge Curiosity & Imagination, Centre 33, The Kite Trust, CPSL Mind and YMCA.

During Covid 19 we have adapted our programmes to support our members and the wider community through continued contact and opportunities for creative engagement. We have moved our regular programmes (Arts on Prescription, Michaelhouse Singers, Pottery 4 Dementia and the Creative Cafe) online and have also provided postal opportunities to create for people who do not have access to the internet, or wish to stay off their screens.

For more information about our work, please visit our [website](#) or check out our social media channels: [Twitter](#), [Facebook](#), [LinkedIn](#), [Instagram](#), [Vimeo](#).